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|  | WELL-BEING NEWSLETTER |  **July 2020**  **PUPIL Issue 5** | |  |
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|  |  | Welcome to the final issue of our ‘Work Hard; Be Kind; Well-being’ newsletter! We hope that you have enjoyed reading the newsletters and found them useful. Have a lovely summer; take care and be safe. We shall see you very soon…. ☺ 01. What is ‘mental health and well-being’? It’s a term we hear a lot but what does it mean?  Dictionary definitions tell us that it’s about comfort, health and happiness. Essentially, it’s about our emotional as well as our physical health: keeping our minds and our bodies healthy!    Here’s a short video which ‘talks mental health’… <https://www.youtube.com/watch?v=nCrjevx3-Js> 0.2 Support Click here for a range of support - <https://www.childline.org.uk/>  If you can’t sleep – <https://www.childline.org.uk/get-involved/articles/5-tips-to-help-you-get-to-sleep/?in_type=articlecontent>  If you feel anxious - <https://www.childline.org.uk/info-advice/your-feelings/anxiety-stress-panic/>    <https://www.mind.org.uk/information-support/for-children-and-young-people/>  <https://www.childline.org.uk/get-support/contacting-childline/>   0.3 Information <https://www.bbc.co.uk/newsround>  <https://www.bbc.co.uk/iplayer/episode/m000kl33/newsround-30062020>  <https://www.bbc.co.uk/programmes/b01s2dct>  <https://www.bbc.co.uk/newsround/51318780> 04. Activities  * Try these 5 things to help you feel better inside:   <https://www.bbc.co.uk/teach/five-ways-to-help-childrens-wellbeing/zfb2d6f>   * Listen to Firbeck’s latest video on the school website:       **Contact us**  The main contact email to use for your school for general enquiries is **[admin@firbeck.org.uk]**   * Look at these pictures and try them out to make yourself fell good ☺:   [https://www.partnershipforchildren.org.uk/uploads/Files/PDFs/Resilience%20Activities /Ways%20to%20Feel%20Better.pdf](https://www.partnershipforchildren.org.uk/uploads/Files/PDFs/Resilience%20Activities%20/Ways%20to%20Feel%20Better.pdf) |  |
| 1. Talking mental health and well-being… what is it? 2. Support 3. Information 4. Activities |