



We want to remind everyone that here at GETNS we value the importance of wellbeing, physical and mental health. The wellbeing of all our children is just as important as their academic skills. For children to be able to learn they need to feel secure, happy and able to self-regulate.



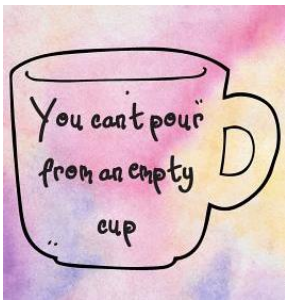
Remember, worry and anxiety can affect us all at various times, but there are things we can do to help ourselves manage it. There are many free meditation Apps that we can use, breathing techniques really help to calm us down and small things we can each day do to enhance our wellbeing. It's also important to remember that we can't always control what happens, but we can control how we respond.

Try a little Mindfulness

It's often useful to think about things in our life and put them into two categories.

- Things we can't control --- so why let them stress us out.
- Things we can control --- these are the things that make us unique.





Self-Care is more important than ever right now.

Different aspects of Self Care:

Physical self-care: Regular physical exercise, healthy eating, avoiding excessive amounts of stimulants such as coffee, tea and energy drinks, getting massages, good sleep hygiene & taking regular rest breaks.



Psychological self-care: Meditative and mindfulness techniques, reading literature that is not about work, decreasing stress in your life, writing in a journal, recognising & listening to your thoughts and emotions, and undertaking new activities to stimulate creativity and thought. Engaging with a non-work hobby. Turning off your email and work phone outside of work hours. Again - making time for relaxation.

Emotional self-care: Engaging in positive activities, spending time with family and friends, staying in contact with important people in your life, doing things that make you laugh, and saying positive affirmations to yourself. Calling on others for help when you start to feel overwhelmed.

Balance: Striving for balance within your work-life and workday, among work, family, relationships, and rest.



Kindness is our value of the month for October. We will be asking children to reflect on daily acts of kindness they have done, received, and witnessed. It's a great activity for all us adults too, why not try it!



You may have come across the lovely poem (below) by Spike Milligan before. It's quite apt & links in nicely with our focus on kindness. You may enjoy reading it with your child. 😊

Let's see if we can spread the smiles and happiness right round our whole school community—in homes, in shops, in the classroom & playground. Let's embed kindness in our daily lives. Smiling, kindness, thinking of others, being grateful, are all attributes and habits that make our world a better place!

