

WELCOME BACK!

Welcome back after the Christmas period. We appreciate the cost of living is causing hardship so an information sheet, about where to access financial support, has been put on our website.

It is important to try stay as positive as we can during these difficult times so I have added the 'Five Ways to Wellbeing' poster which gives ideas on how to stay positive.

A yellow poster titled 'Five ways to Wellbeing' in a blue, handwritten-style font. The poster lists five ways to wellbeing, each in a blue oval on the left and followed by bullet points on the right. The ways are: Connect, Be Active, Take Notice, Learn, and Give. The poster has a wavy bottom edge.

Five ways to Wellbeing

- Connect**
 - Relationships are a key part of being human. Building good relationships can help improve your self-worth.
 - Checking in with a friend or family member can help you feel connected, especially taking it in turns to talk about how you're really feeling.
- Be Active**
 - Being physically active can help reduce symptoms of mental health problems. Finding ways of being active that you enjoy can improve your mood.
 - Even just taking a short walk each day makes a difference.
- Take Notice**
 - Being attentive or 'mindful' in the present moment can help your mental wellbeing. At a simple level this just means noticing what's around you and what you're feeling, rather than worrying about the past or future.
 - Simply focusing on your breath for a few minutes can help you feel calmer.
- Learn**
 - Taking time to try something new or learn new skills can help improve your self-esteem and confidence.
 - Even listening to a podcast or learning a new recipe can make you feel more confident.
- Give**
 - Supporting or helping others can improve your own happiness and give you a sense of purpose.
 - This might include volunteering in your community, helping with chores or just taking time to hold the door open for others.

mind | Wiltshire
for better mental health



The Local Authority is giving a big push on promoting good attendance in schools, below are some top tips on how to encourage 'good' attendance.

Attendance top tips

- Figure out the reasons for absence as this can help you understand where your child needs support in overcoming barriers to attending school
- Try to establish a good routine early so that when your child does start school, they are in good habits such as getting plenty of sleep
- If appointments are needed for health reasons, try to make them during after school hours or out of term time where possible
- Offer support with homework and take an interest in their learning
- Attend parents' evenings to discuss your child's progress
- Take trips during school holidays rather than term time
- Don't allow your child to stay off school for a minor ailment
- Ensure your child has a good understanding of why attendance is important

Getting Your Child to School Really Matters

Did You Know... ?

In a School Year, If Your Child is Late Every Day By...	Your Child Would Have Lost Approximately...	or They Would Have Missed Approximately...
5 Minutes	3.5 Days from School	20 Lessons
10 Minutes	7 Days from School	41 Lessons
15 Minutes	10 Days from School	55 Lessons
20 Minutes	14.5 Days from School	82 Lessons
30 Minutes	22 Days from School	123 Lessons

Please Encourage Punctuality to Maintain Attendance

If you feel your child or family need advice and support, please contact Miss Maud on:

Mobile 07877 029504

s.maud@wrfed.co.uk