

Wellness Newsletter

Bringing Positivity & Wellbeing to Our School Community



Mental Health Month: Looking after YOU Matters Too

As we come to the end of Mental Health Month, we want to take a moment to focus on something essential - your wellbeing.

Self-Care is Not Selfish

As parents and carers you do so much to support and nurture your children, but remember the old saying “*Put on your own oxygen mask first.*” You can only give your best to your family when you are feeling recharged and supported yourself.

Simple Self-Care Ideas That Make a Big Difference

You don't need hours of free time or expensive equipment. Just a few small moments a day can help protect your wellbeing.

- **Take a Walk** : A short walk in nature or around the block can help clear your mind and lift your mood.
- **Try Breathwork**: Just 5 deep, calming breaths in and out through your nose can reduce stress and bring you back to being present.
- **Get Creative**: Painting, colouring or doodling is a great way to relax your mind.
- **Socialise** : A quick coffee with a friend or a chat on the phone can ease feelings of isolation
- **Read or Listen** : A podcast, audiobook or even 10 minutes with a book can feel like a mini escape.

Wellbeing apps

We wanted to share some of the different wellbeing apps we've been made aware of that are designed to support children's mental and emotional health in fun, age-appropriate ways. These apps can help children build emotional awareness, manage anxiety, develop resilience and encourage healthy habits through games, stories, and guided exercises.

Avokiddo Emotions

This creative, open-ended app lets children play with quirky characters, including a jolly giraffe and a shy sheep, to explore a wide range of emotions. There are no levels or goals, just spontaneous fun that helps kids learn about emotional reactions through dressing up, feeding, and interacting with the animals. Perfect for encouraging empathy, curiosity, and social-emotional understanding.

Breathe, Think, Do with Sesame

Ideal for younger children this gentle app uses a calming strategy to help children solve everyday frustrations. Through interactive animations, kids help a Sesame Street monster calm down by breathing deeply, thinking of solutions, and taking action. It's a great introduction to problem-solving, self-regulation and mindfulness.

Positive Penguins

Created by kids, this app teaches mindfulness and how to challenge negative thinking through short guided exercises.

Smiling Mind

Developed by psychologists and educators, Smiling Mind is a mindfulness and meditation app tailored for children as well as adults. Kids can follow short meditations that help with sleep, focus, and stress, encouraging a calm mind and balanced emotions.

Mindful Powers

Children learn to manage stress and build calm through interactive mindfulness sessions with a friendly creature called Flibbertigibbet.

All apps are available on Apple, Android, and/or web platforms. They offer an additional way to support children's wellbeing as part of a balanced screen-time routine.



Free Local Event - Health and Wellbeing

Local company Blue Skies have arranged a free Holistic Festival on Sunday 25th May from 12 - 4pm at Westbourne House School. The event is an opportunity to discover the complimentary practitioners, business and charities which are available to support your health and wellbeing. Join in free demonstration such as mini movement classes, at this dog friendly, family event.

Find out more at blueskieshealthandwellbeing.co.uk

By taking small steps towards wellbeing, we can all enjoy a happier, healthier life.
Wishing you a wonderful half term.

Nicola Ellis, ELSA and Mental Health Lead