



Bulphan
Church of England Academy



Newsletter

Friday 5th February 2021

*God's Word is a lamp to guide our feet and a light for our path.
Inspired by Psalm 119:105*

Dear Parents / Carers,

This week we took part in Children's Mental Health week 2021, with a focus on the theme **Express Yourself**. It has been such a great week with children really motivated by the theme and taking part with such enthusiasm. Thank you all so much for joining in to support such an important cause. It was so lovely to hear about the children's aspirations and celebrate everyone's uniqueness. We really do have such wonderful children here at Bulphan! We have attached a selection of examples of the wonderful work that has been going on this week! There were so many to choose from that we couldn't fit them all on one newsletter!



A reminder that next week we have an **INSET day** on **Friday 12th February** so school will be closed to all pupils and there will be no remote learning on that day.

Take care and stay safe everyone!

Miss Finch
Headteacher

Bulphan C of E Academy Well-being

As our vision states 'At Bulphan we celebrate the uniqueness of every child of God and encourage them to flourish and shine in all they do, preparing them for life's journey' – whether we are in the classroom or learning from home, we are in this together. We will continue to support the whole school community in any way that we can.

In order to do this during these unusual times, we have created this leaflet which offers ideas and suggestions linked to nurturing positive mental health and well-being. There is no expectation to complete these tasks, it is just an offer of support to anyone who may benefit.

Five Ways to Wellbeing

The 'Five Ways to Wellbeing' approach is all about how **positive** actions can contribute to and boost feelings of **wellbeing**. Each of these **actions** will have a beneficial reaction!

We would love to hear how you're getting your '**Five a day**' at home with your family!

Connect	Be active	Take Notice	Keep Learning	Give
<p>Making time to talk supports everyone's wellbeing.</p> <p>Connecting with people is both important and challenging at the moment.</p> <p>Online platforms are great! They enable us to see family and friends safely, as well as speaking on the phone.</p> <p>If your child can join their class Teams sessions each day, it really is beneficial to their wellbeing and learning.</p> <p>Remember, when connecting online to follow E-safety advice!</p>	<p>Current guidance indicates that everyone can go outside each day for a walk, cycle or run.</p> <p>Exercise, of any sort, boosts endorphins. Regular physical activity also increases dopamine & serotonin levels, boosting your happy hormones and making you feel good inside and out.</p> <p>Cosmic yoga and Joe Wicks are great online workouts to suit all ages and abilities and they can be done in the safety of your home too.</p>	<p>Take some time out each day, when possible. Allow yourself time to notice your surroundings.</p> <p>How fortunate are we to have warm homes to remain safe inside!?</p> <p>Become aware of how you are feeling - this may change throughout the day. Listen to the sounds around you. What do you notice? Enjoy a mindful walk, breathe in some fresh air. Is the sun shining?</p> <p>Occasionally, slow down & enjoy the simple things.</p> <p>Look for positives.</p>	<p>Children should be engaging with remote learning from home – teachers are providing this daily. Parents, please support this <u>when you can</u>.</p> <p>Learning something new or improving a skill you already have will provide a sense of achievement!</p> <p>New Year's resolutions: set yourself a challenge & enjoy the steps you take in attempting to master it. More than ever, there are also lots of free online courses to access which cover a range of activities.</p>	<p>Kindness is contagious!</p> <p>Bulphan children know how to be 'the light' and colour our world in love and kindness: we do this, together, often.</p> <p>Did you know that there are still simple ways that we can help others whilst following guidance? Could your family do something kind for a neighbour, thank a key worker or smile at a stranger? Perhaps check in on a friend or phone an elderly relative. Let us know if you complete any random acts of kindness.</p>

Mindfulness



Mindful Breathing

Day 1 - Basic Mindful Breathing Exercise

Sit in a comfortable position, keeping your back straight so that it is not touching the back of your chair. It may be helpful to move to the front of your seat so that you can feel your sitting bones.



1. Close your eyes if you feel comfortable or soften your gaze and look at the floor.



2. Scan your body and notice how you feel.

3. Notice the sensations of each breath as it happens – don't try and control the breath, just notice it.

- Focus on the breath going into your nostrils and out through your mouth.
- Pay attention to the rise and fall of your chest.
- Notice the rise and fall of your belly as you breathe.
- Continue this for a few minutes.



4. If your mind wanders away from the breath notice this distraction and then gently bring your attention back to the feeling of the breath going in and out and your counting. Do not judge yourself, as the mind wandering is very natural.

5. After five minutes, take one more breath and feel your feet firmly on the ground. Notice the noises around you and come back to the here and now. When you're ready, gently open your eyes.



Joe Wicks is BACK! <https://www.youtube.com/channel/UCAxW1XT0iEJo0TYIRfn6rYQ>
Cosmic Yoga <https://www.youtube.com/user/CosmicKidsYoga>

Happiness Chemicals and How to Hack Them

<p>DOPAMINE THE REWARD CHEMICAL</p> <ul style="list-style-type: none"> • Completing a task • Doing self-care activities • Eating food • Celebrating little wins 	<p>OXYTOCIN THE LOVE HORMONE</p> <ul style="list-style-type: none"> • Playing with a dog • Playing with a baby • Holding hands • Hugging your family • Giving a compliment
<p>SERATONIN THE MOOD STABILISER</p> <ul style="list-style-type: none"> • Meditating • Running • Sun exposure • Walk in nature • Swimming • Cycling 	<p>ENDORPHIN THE PAINKILLER</p> <ul style="list-style-type: none"> • Laughter • Essential oils • Watch a comedy • Dark chocolate • Exercising

**When it rains, it pours...
 but soon, the sun shines
 again.
 Stay positive.
 Better days are on the way!**