

Well-being Newsletter



February 2021

Healthy eating: [Change 4 life](#)



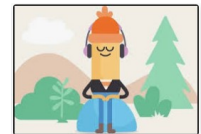
Sleep: [Open Minds Calderdale](#)



Exercise: [Active Calderdale](#)



Exercising your mind: [Headspace](#)



What services are there who can help me?



[Open Minds Calderdale](#) provides advice, information, support and signposting on local and national emotional health and wellbeing services that help children, young people and families who are going through a difficult time or just need a little bit of extra help. They have also written a [guide](#) around emotional health and wellbeing for parents in conjunction with parents.



The [School Website](#) has lots of information under the pastoral team tab on resources to support your own wellbeing.



The [NHS](#) has produced some short audio clips to help you through feelings such as low mood, anxiety and problems with sleep.

For your children...

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[6 ways to support your children as lockdown eases](#): As we move in and out of lockdowns here are some ways you can support your child in understanding all of the changes and uncertainties.



Place to be's [Art Room](#)—art activity ideas for families to promote resilience and wellbeing



For KS2 children ELSA supports page has a [5 ways to wellbeing](#) PowerPoint giving lots of ways to stay happy and healthy over the holidays.