



# Blessed Sacrament Wellbeing Newsletter

October 2023



## Welcome to the first Wellbeing Newsletter for this academic year!

We hope that you all had a lovely and relaxing summer break and that batteries are fully recharged for the year ahead? The return to school is always exciting but, understandably, comes with certain levels of anxiety. Please do talk to us about any worries or concerns that you or your child may be experiencing. You can talk to your child's Class Teacher or one of our wellbeing team. We will always listen and help in any way we can.

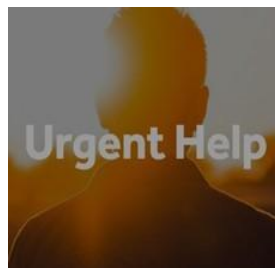
Please look after yourselves and each other in the year ahead and stay kind.



Our EYFS and Treehouse children have been taking part in Yoga sessions delivered by Yoga Bears. They really enjoy their weekly sessions.

### Key Dates:

**World Mental Health Day** - Tuesday 10th October



If you or someone you know needs help right now, you should, if possible, try to talk to a parent, carer or trusted adult. If talking to an adult is not possible, the following organisations are available 24 hours a day, 7 days a week:

<https://www.annafreud.org/on-mymind/urgent-help/>

## WEATHER YOGA



**It is sunny.**  
EXTENDED MOUNTAIN POSE



**It is windy.**  
TREE POSE



**I see lightning.**  
CHAIR POSE



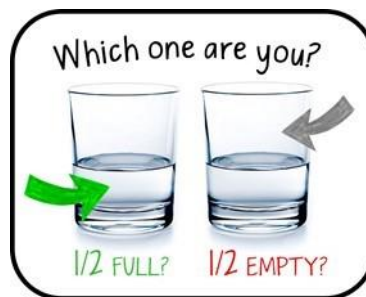
**It is raining.**  
STANDING FORWARD BEND



**It is snowing.**  
CHILD'S POSE

## Weather Yoga

Positive emotions - like joy, gratitude, contentment, inspiration, and pride - are not just great at the time. Recent research shows that regularly experiencing them creates an 'upward spiral', helping to build our resources.



So, although we need to be realistic about life's ups and downs, it helps to focus on the good aspects of any situation - the glass half full rather than the glass half empty.

### Suggestions?

If you have any comments or suggestions about what you would like to see in the next wellbeing newsletter please get in touch via:

[admin@bsprimary.com](mailto:admin@bsprimary.com)

Don't forget... Action for happiness – **Optimistic October**  
'Remind yourself that things can change for the better.'