



Darell Primary School

Wellbeing Newsletter March 2023



Nutrition and hydration week, 13th – 19th March



Nutrition and hydration week aims to highlight, promote and celebrate improvements in the provision of nutrition and hydration locally, nationally and globally. Its purpose is to bring people together to create energy, focus and fun in order to highlight and educate people on the value of food and drink in maintaining health and wellbeing.

World sleep day 17th March 2023



MORE SLEEP NEEDED?

We all need to sleep well to help our bodies recover from the day.

Top Tips for better sleep:

- Establish a regular, relaxing bedtime routine that lets you unwind and sends a signal to your brain that it's time to sleep.
- Create a restful environment: bedrooms that are dark, cool and quiet are generally easier to fall asleep and stay asleep in.
- Try to go to sleep and wake up at the same time each day.
- Exercise regularly but avoid vigorous exercise near bedtime if it affects your sleep.
- Avoid caffeine and alcohol before bed. They can stop you falling asleep and prevent deep sleep.
- Avoid using screens in the evening, including on smartphones and tablets. The light from the screen can have a negative effect on sleep, and social media, news and games can all stimulate your brain and make you feel anxious.
- Write down your worries if you lie awake worrying about tomorrow. This can help put your mind at rest.
- If you can't sleep, don't worry about it. Get up and do something relaxing like listening to music or reading until you feel sleepy.

Wellbeing Activity: Random acts of kindness

Research shows that helping others can be good for our mental health. It reduces stress, improves our emotional well-being and even benefits our physical health. In short, doing good does you good. It's essential to look out for each other in and around our communities. This is how we protect and maintain good mental health for all.

Here are a few acts you can do:

- Let somebody go first
- Ask somebody who is by themselves to come and play
- Pick up litter
- Make a new friend
- Paint rocks with pretty pictures for others to find
- Bake some cakes for loved ones
- Smile at people
- Hold the door open for somebody
- Give a compliment to someone



Ways to support your child at home:

- Be there to listen
- Stay involved in their life
- Take what they say seriously
- Support them through difficulties
- Encourage their interests
- Build positive routines

