



Darell Primary School

Wellbeing Newsletter November 2023



Antibullying Week 2023: Monday 13th – Friday 17th November

The theme for Anti-Bullying Week 2023 is Make a Noise About Bullying. Teachers and children wanted a theme that empowered them to do something positive to counter the harm and hurt that bullying causes.

Odd socks day marks the start of antibullying week.
It takes place on Monday 13th November.



November wellbeing tips:

The holiday season is almost upon us. While this time of year is meant to be joyful, it can make many of us feel overwhelmed, which can lead to stress, anxiety, and physical and emotional exhaustion. From gift shopping to holiday get togethers to hosting out-of-town guests, our normal routines and daily habits may be disrupted over the next two months. Here are 4 tips to consider that can help bring some balance back in your life during the holidays:



Prioritize sleep and self-care - It's important to listen to your body and get the rest you need during the holidays. Sleep is crucial to keeping your immune system strong. It allows your mind and body to recharge, helping you to maintain a healthy weight, and even regulate your mood.

Be present - When your mind is in overdrive, it can cause unnecessary stress. Stay in the moment by practicing mindfulness. Take deep breaths throughout the day. Instead of obsessing about your "to-do" list for tomorrow, give your full attention to the present and the people around you.

Stay physically active - It can be tempting to skip the gym when you are pressed for time. Maintain your regular exercise schedule but opt for shorter workouts with a little more intensity.

Take advantage of fresh seasonal foods -

There are plenty of fruits and vegetables that peak in fall. Some healthy and delicious choices are Brussels sprouts, pumpkin, winter squash, sweet potatoes, cauliflower, carrots, celery, nuts, apple, clementines, and figs. Fueling your body the right way will give you the energy you need to enjoy all that the holiday season has to offer.

Wellbeing Activity: Wellbeing Bingo

Use this wellbeing bingo activity to see how many little acts of self care you have done through out the week and to be conscious of more things you could do to improve your mental health. You could even create your own bingo that's more suited to your everyday life.

In the past week I have...

Sung in the shower	Played with a furry friend	Had a good sleep	Spent some time with my family/friends
Listened to my favourite tune	Read a good book	Watched a great movie/TV show	Eaten something delicious
Done some exercise	Stayed hydrated	Drawn a picture	Laughed until my cheeks hurt
Spent some time in a park	Danced	Treated myself	Visited somewhere new

New Ways November 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1. Make a list of new things you want to do this month	2. Respond to a difficult situation in a different way	3. Get outside and observe the changes in nature around you	4. Sign up to join a new course, activity or online community	5. Change your normal routine today and notice how you feel	6. Try out a new way of being physically active	7. Be creative. Cook, draw, write, paint, make or inspire
8. Plan a new activity or idea you want to try out this week	9. When you feel you can't do something, add the word "yet"	10. Be curious. Learn about a new topic or an inspiring idea	11. Choose a different route and see what you notice on the way	12. Find out something new about someone you care about	13. Do something playful outdoors - walk, run, explore, relax	14. Find a new way to help or support a cause you care about
15. Build on new ideas by thinking "Yes, and what if..."	16. Look at life through someone else's eyes and see their perspective	17. Try a new way to practice self-care and be kind to yourself	18. Connect with someone from a different generation	19. Broaden your perspective: read a different paper, magazine or site	20. Make a meal using a recipe or ingredient you've not tried before	21. Learn a new skill from a friend or share one of yours with them
22. Find a new way to tell someone you appreciate them	23. Set aside a regular time to pursue an activity you love	24. Share with a friend something helpful you learned recently	25. Use one of your strengths in a new or creative way	26. Try out a different radio station or new TV show	27. Join a friend doing their hobby and find out why they love it	28. Discover your artistic side. Design a friendly greeting card
29. Enjoy new music today. Play, sing, dance or listen	30. Look for new reasons to be hopeful, even in tough times					

ACTION FOR HAPPINESS **Happier • Kinder • Together**