



Darell Primary School



Wellbeing Newsletter September 2025

Autumn and Winter Wellbeing Tips:

As it starts to get colder we need to adapt to the seasons as it is crucial for our health and wellbeing, both physically and mentally. You want you to feel energised throughout the day and avoid getting sick this winter! Here are some top tips on how to do this:



- Boost your immune system –**
 Your first line of defense is to choose a healthy lifestyle. Following general good-health guidelines is the single best step you can take toward naturally keeping your immune system working properly. Every part of your body, including your immune system, functions better when protected from environmental assaults and bolstered by healthy-living strategies such as eating healthy and getting enough sleep.
- Take some time to yourself -** Autumn and winter are a good time to slow down and spend some time on yourself. If you would like, you can start a journal or track your moods to get more in touch with how your feeling. Take this time to nurture yourself.
- Stay active –** Even though it has started to get colder, it is still important to keep up with and maintain any exercise routines, as this contributes to a healthy mind and body.
- Do some 'Spring cleaning' in the Autumn –** Now is a good time to clean out your closet, organize that spare room, and rid yourself of things you do not need.
- Keep a schedule -** When we hit those cold months, it can seem to drag on and push us into isolation. Attempt to stay on track by scheduling time in your day to do things you like to do. So, book treats for yourself as it's good to have a goal in the diary to look forward to.
- Listen to your body -** Listen to your body and give it what it needs, and do not beat yourself up! Try reframing negative thoughts into positive ones.



CALMING IDEAS for CHILDREN

- STAY POSITIVE**
set aside time to watch funny stuff together. Laughter helps reduce anxiety
- BREATHING EXERCISES**
there are free apps that teach kids how to do this
- SLEEP**
try to stick to a routine. It's essential for good health & the immune system
- GET CREATIVE**
being creative & doing craft can be relaxing & calming on the brain
- REDUCE STIMULATION**
it gives the brain a break if feeling overwhelmed
- SUNLIGHT**
helps our body make Vitamin D which can make kids feel happy & healthy
- EXERCISE**
burns off energy, is good for our body & brain, & is fun
- PETS**
playing with pets can reduce anxiety & improve mood
- NATURE**
getting outside improves mood, encourages creativity, & gets kids moving
- MUSIC**
80bpm can be calming, help the body to relax, & improve sleep

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Self-Care September 2025

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1	Find time for self-care. It's not selfish, it's essential.	Notice the things you do well, however small.	Let go of self-criticism and speak to yourself kindly.	Plan a fun or relaxing activity and make time for it.	Forgive yourself when things go wrong. Everyone makes mistakes.	Focus on the basics: eat well, exercise and go to bed on time.	Give yourself permission to say "No".
2	Be willing to share how you feel and ask for help when needed.	Aim to be good enough, not perfect.	When you find things hard, remember it's ok not to be ok.	Make time to do something you really enjoy.	Get active outside and give your mind and body a natural boost.	Be as kind to yourself as you would be to a loved one.	If you're busy, allow yourself to pause and take a break.
3	Find a spring, walking partner to walk when you feel low.	Let go of negative messages you repeated to see regularly.	No plans? No problem. Make time to show others and be kind to yourself.	Ask a trusted friend to tell you what strengths they see in you.	Notice what you are feeling without any judgement.	Enjoy photos from a time with happy memories.	Don't compare how you feel inside to how others appear outside.
4	Take your time. Make space to just breathe and be still.	Let go of what people expect of you.	Accept yourself and remember that you are worthy of love.	Cancel anything 'I should' and make time to do nothing.	Find a new way to see one of your strengths or talents.	Free up time by cancelling any unnecessary plans.	Choose to see your mistakes as steps to help you learn.
5	Write down three things you appreciate about yourself.	Remind yourself that you are enough, just as you are.					

ACTION FOR HAPPINESS **Happier - Kinder - Together**