

# Wellbeing Newsletter

Welcome to another edition of our Wellbeing Newsletter.

At the Academy at Shotton Hall we know that it is vital to support our children and their Wellbeing so that they can flourish as young people and set them up for their future lives. Children cannot learn well if they are not physically or emotionally healthy. If you would like more information on how to support your child with Wellbeing, don't hesitate to contact Mrs Sharpe ([sarah.sharpe@shottonhallacademy.co.uk](mailto:sarah.sharpe@shottonhallacademy.co.uk))

## Wellbeing Wednesday

Every Wednesday in Sept time we explore different aspects of Wellbeing. We discuss it under the 5 different headings of:



CONNECT



BE ACTIVE



TAKE NOTICE



KEEP LEARNING



GIVE

## Take Notice focus

How have we been discussing "Take Notice" with our children?

We have talked about understanding our bodies and minds when we are feeling anxious or stressed or angry.

In assembly we discussed that we can't make sense of our feelings when we are anxious or stressed or angry as our "Thinking Brain" isn't connected.

We learned that the amygdala in our brain is the threat response which fires up and disconnects us from our thinking brain. There is a video on the brain to understand more on the next slides.

We can support ourselves to relax and return to a calm, thinking state by "Taking Notice."

On the pages after this newsletter there are lots of techniques we have discussed.

Our students find these helpful in moments of stress:

Box Breathing, a Body Scan, Butterfly Hug, 5 senses technique



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# Wellbeing

## Newsletter

### Glimmers

We have also been looking at “Glimmers”

Glimmers are small moments that spark joy or peace, which can help cue our nervous system to feel safe or calm. A glimmer can be something small that we notice that makes us smile, our teachers have shared their Glimmer with the children. Examples are a freckly face, the moon, a sunset, sunlight in trees, being by the sea, sand on our toes or being with our pets. Glimmers activate the part of our nervous system that helps us to rest and digest the world around us. They can help us to slow our heart rate and steady our breathing. They can bring us a sense of safety, empathy, compassion, joy, mindfulness, and connection.

**We’ve put together an in-depth guide on the Take Notice element of Wellbeing for parents.**

**Find helpful information and links on the next page.**



## TAKE NOTICE



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**Follow on from our Wellbeing Newsletter for parents/ carers, these are the messages we share with the students.**

**“Take Notice” is about paying attention (on purpose) to what is going on around you and how you feel, in the present moment.**



**TAKE NOTICE**



**TAKE NOTICE**

**“Take Notice” is a vital technique if we are feeling anxious or stressed or angry...**

- **our mind might be spinning**
- **our breathing might be unsteady or fast**
- **we may feel sick or have a headache**
- **our fingers might feel numb or have pins and needles**

**In assembly we discussed that we can't make sense of our feelings when we are anxious or stressed or angry as our “Thinking Brain” isn't connected.**

**We learned that the amygdala's threat response fires up and disconnects us from our thinking brain.**

**Here is a video to explain this: <https://www.youtube.com/watch?v=Kx7PCzg0CGE>**

**We can support ourselves to relax and return to a calm state by “Taking Notice.”**

In Wellbeing we have discussed the following techniques:



1. Listening to music that lifts our spirits can bring us back to the moment and support our system to regulate and calm.
2. We looked at the 5 senses technique
3. (5 things you see, 4 things you can hear etc)
4. Box breathing
5. How our pets help us with our Wellbeing

more on next slides...



# Progressive muscle relaxation

We watched a video on Progressive Muscle relaxation (how you tense and relax each part of your body)

Progressive muscle relaxation is a specific relaxation technique that involves tensing and relaxing muscle groups in a sequence from feet to head (or head to feet) throughout our whole body. The goal is to relieve tension and activate our body's relaxation response.

It intentionally influences the inner workings of our physiology to assist both body and mind to relieve tension, stress and problems.

Video is 4mins 35

[https://www.youtube.com/watch?v=Q\\_diV-uqV9w](https://www.youtube.com/watch?v=Q_diV-uqV9w)



TAKE NOTICE

# Body scan technique

A body scan is a mindfulness practice that helps you become aware of different areas in your body where you might be holding tension or stress. By mentally "scanning" from head to toe, you can recognise, and then release these sensations.

Body scans are a form of meditation.

Experts have found evidence to suggest meditation can promote physical and emotional wellness in multiple ways, such as:

- improved sleep
- anxiety and stress relief
- greater self-awareness
- increased self-compassion
- reduced pain

A video on Body Scan

<https://youtu.be/E-3nUf5Fgpg>



# Another technique that you might find useful:



A 40 second video showing the technique

<https://www.youtube.com/watch?v=Ik4f9Z6l2Ek>

Practicing the butterfly hug will help us connect to the calmer side of our nervous system, known as the parasympathetic system. When we are in this zone, we are more relaxed physically and emotionally.

The alternate tapping on both sides of the body is called "bilateral stimulation" which research tells us helps us to soothe and calm.



**These techniques can be practiced at home. Mrs Sharpe has sent a similar power point with the videos and explanations via email to help with all of these techniques which can be practiced when feeling anxious or overwhelmed.**

**There is a network of support if they need it. They can speak to their Sept tutor, their Learning Manager, Mrs Sharpe or anyone in Pastoral.**

**Thank you for reading and we hope it helps.**

# A reminder of the support available in our school.

