South Ossett Infants Academy

Wellbeing Newsletter—

Welcome back to Spring 2 at South Ossett Infants Academy. In the Spring, our environment changes around us. Wildlife emerges, greenery and outdoor spaces begin to flourish again and the weather is (normally) much more enjoyable. This provides us with the opportunity to utilise being outside and appreciate what nature has to offer. Hopefully you will find some useful information in this half term's newsletter to benefit your mental health.

Increase your levels of activity and connect with others

We might feel that getting out and about is more appealing as it gets warmer, and doing so is good news for both our mental and physical health. Being active doesn't have to just be going to the gym or on a walk or run. Below are some ways you can get your body moving that might not even feel like traditional exercise. Brighter and longer days also mean we have more opportunity outside of work to socialise and connect with friends and family.

- Get green fingered—if you have an outdoor space, gardening is a great way to enjoy being outside and keep active, all whilst being creative. If you don't have access to an outdoor area, there's plenty of volunteering opportunities across the country that will allow you to get involved in gardening or maintenance of outdoor spaces, such as helping out at National Trust or RSPB sites or seeing what opportunities your local council has to offer.

- Socialise outside—rather than meeting indoors, when it's nice weather outside, suggest meeting friends or family at the local park, host a picnic or hire some bikes.

- Join a club—in the spring and summer, we tend to see many clubs or groups reignite their activity. Selecting a group that revolves around something you're interested in, means you get to enjoy and learn more about the activity whilst having the opportunity to talk to new people make friends.

Nutrition and Hydration Week 2025: Reinforce, Focus and Energise

Nutrition and Hydration Week is an annual event with a shared objective to highlight, promote and celebrate improvements in the provision of nutrition and hydration locally, nationally and globally. It is open to anyone who wants to join their share cause of helping people understand the importance of nutrition and hydration in health and social care. To find out more, have a look at their website: nutritionandhydrationweek.co.uk for ideas, practical tips and advice on how to make your week a huge success!

Key dates this half term:

Eating Disorder Awareness Week: 24th February-2nd March

World Sleep Day: 14th March 2025

Nutrition and Hydration Week: 17-23rd March 2025

International Day of Happiness: 20th March 2025

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Eating Disorders Awareness Week 2025

In the UK, at least 1.25 million people are living with an eating disorder. That's at least 1 in 50 people, yet many people wouldn't know how to spot the signs that someone has an eating disorder. This is important because the sooner someone is treated for an eating disorder, the better their chance of making a full recovery.

Their campaign aims to reach new audiences with the message that eating disorders are serious mental health conditions that can affect anyone—at any age, gender or background—at any time.

Action for Happiness

The themes for this half term are:

Mindful March

Active April

Visit their website to download the calendars and to take part in the daily activities: www.actionforhappiness.org/calendar

ACTION FOR HAPPINESS

7 ways to look after your mental health this Spring

As winter loosens its grip, spring promises longer days and warmer weather. Take advantage of the blossoming season with these small steps:

Top up on vitamin D – it can help improve mood, negative feelings and emotions.
Get set for sleep—sleep hygiene is important as the days get longer and lighter earlier.
Go with your gut—gut health is linked to our immunity and mental wellbeing.
Take it outside –nature has huge benefits for our wellbeing.
Stretch your green thumb—gardening is beneficial to both mental and physical health.
Eat with the season—Spring brings a bounty of nutrient rich fruit and vegetables; eating a variety will provide you with a broad range of vitamins and minerals.
Free your fitness—as the weather warms up, head outside to work out!

Places to go for support and advice:

shout 85258

Shout is the UK's first and only free, confidential, 24/7 text messaging service for anyone who is struggling to cope. Shout is powered by the charity Mental Health Innovations.

giveusashout.org

To start a conversation, text the word 'Shout' to 85258

Rethink Mental Illness.

Rethink.org—They advise people with a diagnosis or symptoms of mental illness who are 18 or over. They also advise their carers, loved ones or professionals working with them.