South Ossett Infants Academy
Wellbeing Newsletter—Summer 2

Welcome to the final Wellbeing Newsletter of this academic year. We hope that you have found the information, resources and links useful over the course of the year. If you have any suggestions of mental health charities or activities you think would be useful for other parents to look at, please email your suggestions to admin@middlestown.accordmat.org

Healthy Eating

A healthy diet is one way you can improve your mental health.

The British Nutrition Foundations Healthy Eating Week is running again this year from the 12th June to the 16th June. The theme this year is 'find your healthier you'. The foundation is encouraging everyone to reflect on their lifestyles and look to make improvements to enhance their health and wellbeing.

The 'Find the Healthier You' message will be supported by five themes across the week:

1. Know the facts—information, advice and myth busting.
2. Make a healthier choice—tips and tools to make better choices.
3. Plan for success—ways to plan healthier meals and menus.
4. Be the chef—how to cook healthier options, with links to recipes and ideas.
5. Keep moving—promoting the importance of being active for health.

A healthy, well-balanced diet can help us think clearly and feel more alert. It can also improve concentration and attention span. Conversely, an inadequate diet can lead to fatigue, impaired decision-making and can slow down reaction time. To get all the nutrients that improve mental functioning, nutritionists suggest eating meals and snacks that include a variety of foods, instead of eating the same meals each day.

GROW WAKEFIELD
From Unloved Spaces to Food Growing Places

Grow Wakefield is a local resource to make more use of your outdoor spaces. Their aim is to provide opportunities for improved wellbeing through growing, learning and volunteering by creating community allotments, gardens and workshops across the district.

To find out more about the work they do and to get involved, visit: www.grow-wakefield.co.uk

Key dates this half term:

BNF Healthy Eating Week: 12th June—16th June
National School Sports Week: 16th June—22nd June
World Friendship Day: Wednesday 30th July 2025

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Samaritans Awareness Day -- 24/7

Each year in July, Samaritans branches in the UK and Ireland hold local events to raise awareness that Samaritans are here to listen to anyone who is struggling to cope, at any time of the day or night.

Whatever you're going through, a Samaritan will face it with you. They are available 24 hours a day, 365 days a year. They work with communities to let people know they are here for them and are campaigning to make suicide prevention a priority.

How you can observe Samaritans Awareness Day

- Reach Out: reach out to someone you know who is depressed or has suicidal thoughts.
- Read up on depression to elevate your understanding.
- Donate to Samaritans and similar charities so they can continue their good work for years to come.

Action for Happiness

The themes for this half term are:

Joyful June

Jump Back Up July

Visit their website to download the calendars and to take part in the daily activities:

How to stay centred when life feels out of control

It seems like so much in our life is out of our individual control, which naturally worsens symptoms of mental health challenges. Shifting your focus onto what in your own life you can affect can help ease symptoms of stress, anxiety and depression. Here are a few tips for maintaining positive mental health when life feels out of control:

- Focus on your own sense of purpose. Consider all the positives in your life. Consider creating a daily ritual: brew a cup of tea, make a hot chocolate, sit in your favourite chair snuggled in a blanket, spend some time mindfully writing in a journal, reflecting on why you do what you do every day.
- Carry a focus object that represents this meaning. When you catch yourself feeling anxious, sad or caught up that all is wrong, focus on how it feels, how it looks and how it sounds or smells.
- Separate yourself from your anxiety and other negative thoughts and feelings. When you notice that you're caught up in negative thoughts, pause and remind yourself, "I'm having the thought that.." This acknowledges your thoughts in a non-judgemental way and kindly reminds you that this is a thought rather than an absolute truth.

Places to go for support and advice:

Samaritans: A charity dedicated to reducing feelings of isolation and disconnection that can lead to suicide.

https://www.samaritans.org

Rethink Mental Illness: A charity that seeks to improve the lives of people affected by mental illness through their networks of local groups and services, information and campaigns.

https://www.rethink.org