South Ossett Infants Academy
Wellbeing Newsletter—Spring 2

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.

Eating Disorders Awareness Week

Monday 23rd February – Sunday 1st March

The theme this year is 'Community'. Eating disorders can be isolating, making people feel alone whether someone has an eating disorder themselves or whether they are supporting someone.

The charity 'Beat' are celebrating the power of community and the vital role family, friends, and other support networks play in helping someone feel supported, understood and never alone on their journey from seeking help, undergoing treatment and beyond.

They will be talking about different types of community, the role of online communities and highlighting the importance of good wellbeing for everyone.

Beat
Eating disorders

International Day of Happiness

Friday 20th March

This year's theme is: Social Media and Happiness

The theme explores the relationship between social media and happiness, highlighting the potential challenges for our wellbeing as well as ways we can all use tech for good. The 2026 World Happiness Report focusses on the link between social media and happiness, exploring both positive uses (connection, community) and negative aspects (cyberbullying, comparison) to find ways to use tech for good and foster a happier online world.

Here are some ways to get involved:

- Spread happiness – do something kind for someone else
- Reflect on your own happiness – make a plan to incorporate these things into your daily life

Key dates this half term:

Eating Disorders Awareness Week: 23rd February – 1st March 2026
World Sleep Day: 14th March 2026
Nutrition and Hydration Week: 16th-22nd March 2026
International Day of Happiness: 20th March 2026

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Food and Mental Health

Some studies suggest that what we eat and drink can affect how we feel. But it can be difficult to know what to eat, especially when healthier foods can be more expensive. And it can be hard to think about our diet when we're struggling with our mental wellbeing. We all react differently to things in our diet. But there are some foods and drinks that may affect how we feel, in different ways.

Blood sugar levels
If your blood sugar is lower than usual, you might feel tired irritable or depressed. Eating regularly, and eating foods that release energy slowly, can help to keep your sugar levels steady. Different people may have different reactions to the same foods. But generally, foods that release energy more slowly include: wholegrain bread and cereals, nuts and seeds, brown rice and brown pasta.

Drinking fluids
If you live with a mental health problem, you may not have the energy or motivation to drinks lots of fluids. But if you become dehydrated, this can make it harder to concentrate or think clearly.

Fruits and vegetables
Eating different fruits and vegetables can add a good range of nutrients to your diet. These nutrients help to keep us mentally and physically healthy.

Protein
Diets higher in protein can support your mental health. Proteins contain chemicals called amino acids, which your brain needs to produce chemicals called neurotransmitters. These help regulate your thoughts and feelings.

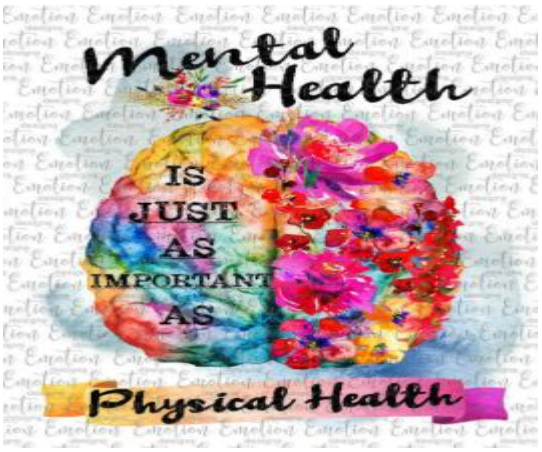
Action for Happiness

The themes 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



Places to go for support and advice

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.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.