

Your



Matters

Welcome to the first edition of our Wellbeing newsletter! We aim to bring you positivity and all things good!

Each edition of our newsletter will include a Special Feature section, our Favourite Recipe, a Top Tip and any other good news, “happy” pictures, links to videos etc. that we think will make you smile!

In this issue, we’ll be explaining what is meant by Positive Wellbeing and discussing the NHS 5 Ways to Wellbeing.

Positive mental wellbeing doesn't mean we have to be happy all the time because that's not realistic! Mental wellbeing is all about how our thoughts and feelings impact on us and how we cope with the ups and downs of everyday life. This includes having positive self-esteem, optimism, feeling in control, having a purpose and a sense of belonging and support.

Let's now look at the NHS 5 Ways to Wellbeing and how we can incorporate these into our everyday activities....



Keep learning – try something new; this can help boost self-esteem and confidence.

- *Can you knit or crochet?
- *Paint a picture and be creative.
- *Pick up a book and read about something new.
- *Do some DIY.
- *What can you cook?

Take notice – be aware of your thoughts, feelings and the world around you; try a little mindfulness.

Be active – great for your physical and mental well being. Go for a walk. Take your dog out. Try couch to 5k. Set small goals everyday that involved getting active. Take regular breaks if you are in front of a screen and



Connect – with other people. Good relationships help with a sense of belonging and self-worth and are a good form of emotional support, for yourself and to support other. How can you do this?

- *Phone a friend you haven't spoken to in a while.
- *Send a text to someone asking how they are.
- *Make time to spend with family.
- *Arrange a zoom call with your friends.

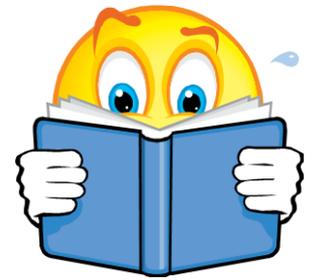
Give – giving to others and being kind helps create feelings of positivity and purpose. It also helps us to connect with others. It doesn't have to be a grand gesture – a simple 'thank you' to somebody for something they have done for you.

- *Volunteer your time to help someone.
- *Sit with a sibling and read with them.
- *Make a cup of tea for your mum.



This issue's Top Tip comes from Mrs Baxter...

Spend at least an hour a day away from any devices, including your phone – pick up and read a book instead



Favourite Recipe #1

Warming Curried Butternut Squash and coconut soup



Ingredients:

- 1 butternut squash – peeled, deseeded and chopped
- 2 carrots – peeled and chopped
- 1 tbsp curry powder
- 1 tin light coconut milk
- 100g red lentils
- 2 vegetable stock cubes
- 700mls boiling water



Method:

Place all ingredients in a large saucepan. Bring to the boil. Simmer until the veg is soft (approximately 30 minutes) and then



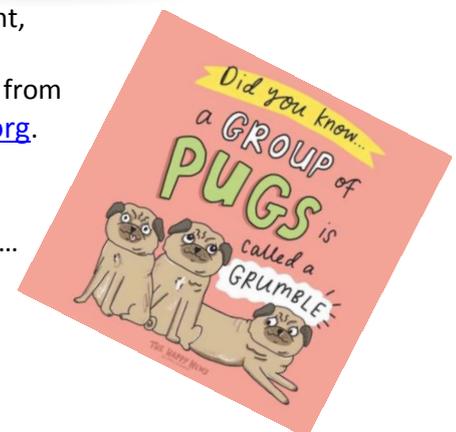
whizz up with a hand blender, or pop in a food processor until smooth. Yummy!

Anyone can contribute to our newsletter, whether you are a member of staff, student, parent/carer, friend or relative! If you have a Favourite Recipe, Top Tip, link or video which you would like to see featured in our Wellbeing Newsletter, we'd love to hear from you! Please send your submissions by email to pmatthews@buckinghamsschool.org.



We're always here to listen. Don't bottle it up - get in touch...

- studentfirst@buckinghamsschool.org
- safeguarding@buckinghamsschool.org
- antibullying@buckinghamsschool.org



Useful Websites...

Youngminds.org.uk – Giveusashout.org – Childline.org.uk – Calmharm.co.uk – Stem4.org.uk – Kooth.com

