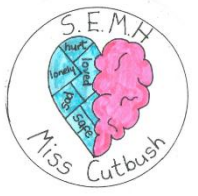


# Wheatfields Mental Health and Well-being Newsletter

## February 2024



### What is Random Acts of Kindness Day?

**Saturday 17<sup>th</sup> February**

Random Acts of Kindness Day is a day dedicated to promoting kindness and goodwill. It encourages individuals to perform simple, unexpected acts of kindness to brighten someone's day and create a ripple effect of positivity. It's a day to celebrate the power of kindness and compassion.

### Key dates for February:

**February 1<sup>st</sup> – Time to Talk Day** search [www.mind.org.uk](http://www.mind.org.uk) for more information

**February 5<sup>th</sup>-9<sup>th</sup> Children's Mental Health week**

**February 6<sup>th</sup> and 8<sup>th</sup> Stay and Connect sessions**

**February 17<sup>th</sup> - Random Acts of Kindness Day**

### Children's Mental Health Week

Children's Mental Health week helps give a voice to children and young people across the UK, from 5-11 February 2024.

Children's Mental Health Week is a mental health awareness week that empowers, equips and gives a voice to all children and young people in the UK.

This year's theme is **My Voice Matters**. All children will be taking part in activities and assemblies exploring the power of feeling heard.

Families can also get involved by attending one of the Stay and Connect sessions, please see Class Dojo for the timings. We ask that family members only attend one session to ensure there is enough space and resources for everyone.

Families can also download a pack here:

<https://www.childrensmentalhealthweek.org.uk/families/>



### Education Inclusion Family Advisor

A meet and greet will be held on March 13<sup>th</sup>, 2:00-3:00pm. Further details will be sent out nearer the time.

Education Inclusion Family Advisors offer you an opportunity to ask for information, advice and support on any issue affecting your family life in a relaxed environment.

These areas include:

- Challenging behaviour
- Routines
- Supporting emotions and wellbeing
- School transitions
- Parenting strategies
- Building resilience and confidence
- Any other family challenges you might be facing

### Mental health benefits of physical exercise

Exercise improves mental health by reducing anxiety, depression, and negative mood and by improving self-esteem and cognitive function. Exercise has also been found to alleviate symptoms such as low self-esteem and social withdrawal.