



Chatterbox

The Hillcrest Wellbeing Newsletter

Welcome to the first edition of the **Chatterbox** newsletter !

School has been back for its first few weeks and it has been a strange time for everyone. Coming back after being at home for so long can affect everyone in different ways. Most of you will be excited to see your friends and teachers again but some of you may feel anxious or worried.

We had hoped to launch **Chatterbox** as a lunchtime club to support you with how you are feeling, using fun activities and mindfulness techniques. Unfortunately the lunchtime club cannot run at the moment so for now, we've included some activities in this newsletter which you may find useful.

To promote Wellbeing, we've teamed up with one of the UK's leading mental health charity, **YOUNGMINDS** to host a fundraising day on 9 October which is world mental health day.

By donating £1 to **YOUNGMINDS** and wearing yellow on the day, we can help in their work supporting children and young people with their mental health.

Did you know ? Facts about emotions

Smiling : Smiling releases chemicals in your body that lift your mood, help you feel happy and smiles are free !!



Talking : Sharing our worries or problems can help us feel less anxious and can help build resilience and self esteem



Listening: Listening to someone who needs to talk is a fantastic skill to help others express themselves and feel better. It shows kindness and patience.



At Hillcrest we are:

Brilliant
Resilient
Accepting
Valued
Empathetic

Events

We're saying

#HelloYellow

To show young people they're not alone with their mental health.

Wear Yellow on 9 Oct and donate £1 to

YOUNGMINDS

Five Steps to Wellbeing



Connect - Spend time with family and friends. Enjoy doing things together and talking to each other.

Be active - It keeps you physically healthy, and makes you feel good.

Take Notice - Take a break to see how you feel. Relax and look around you or listen to music, take a few deep breaths.

Keep learning - Try something new. Maybe a new hobby or learn about something that interests you.

Give - Do something for a friend or relative/adult, as well as making them feel good, it can make you feel good too!

You are BRAVER than you believe, **STRONGER** than you seem, and **SMARTER** than you think.

A.A.Milne