

SJF CHAMPIONS

Our Healthy Minds Newsletter

October 2022 (Issue 3)



"I think 'Healthy Minds' is important because no one wants to be alone really, even if they say they do. Everybody needs someone that they can rely on, don't they? **Bella W (Y6)**

Introduction

Hello SJF! We hope you have all settled nicely into school life and new routines. Our third newsletter focuses on friendships—a new term may be strange for a lot of us: we might be going into a new classroom or we might even be going into a new school.

Friendships

Mental health is like physical health

Some days we feel great.

Sometimes we're not feeling at our best but we're OK and we can carry on with day to day activities.

Sometimes we have wounds we need to take special care of.

Occasionally we feel really bad and might need to seek help from others

This week we are looking at

Stay Connected - How to support a friend

- If a friend is having a hard time it can be difficult to know if we're saying or doing the right thing
- If the problem is serious, or if we do not feel okay in ourselves, then the best thing to do is let other people help. But a little support might be all your friend needs
- Helping others is good for our own mental health – we see them feeling better and feel good about ourselves
- When a friend opens up to us it can be easier for us to open up to them

Emotional Check-in

Notice your emotions

Notice your mood and what makes you feel better or worse



Build Skills

Set yourself a challenge – now is a great time to learn a new skill

Choose a set time and place to complete school work



Be Healthy

Keep to a healthy routine

If you're feeling sluggish and tired you probably need to move!



Be In the Moment

Calm your body and mind - it's important to take a break from our thoughts even only for a few minutes

The more you practice the more it will help when you most need it





Exciting News

A huge congratulations to our new recruits for the 2022/23 academic year: Marcus (Y4), Jenson (Y4), Katie (Y5), Eliana (Y5), Preston (Y5), Mateusz (Y6), Natalia (Y6), Lily (Y6) & Edie (Y6).

These new Champions will be joining our remaining members: Emily (Y4), Alana (Y5) & Bella (Y5) to create a brand new team.

We welcome them and can't wait to get going!

October Fact

If you love McDonald's, then here's one for you.

The very first UK McDonald's restaurant opened its doors on October 1, 1974. The restaurant is still open today and is located in Woolwich, in the south of London.



It takes just one poem...

This year, National Poetry Day is on **Thursday 6 October 2022**. The theme this year is '**The Environment**'. We will be offering one of our lucky children the chance to become a winner of our poetry competition. If you are interested then please write us a short poem on the theme provided (**The Environment**) and winners will be chosen by us and announced in the next newsletter. Use the [link](#) to help you get started! Good luck!



October Fact

Also, we have been working with our Healthy Minds Team in school for some time and would like to share some of this work with our families.

Lynette Greenacre and Jacqui Wright are part of our Mental Health Support Team, working for the NHS, Child and Adolescent Mental Health Service.

This will be an opportunity for them to introduce themselves and talk a little bit around their work with us. We, the Champions, will also be present (*eleven children from Y3 to Y6*) and look forward to sharing some of our ideas and work.

As part of the afternoon, our staff will share the work they have done around **Zones of Regulation** – an approach used in all our classrooms.

Please come to find out more about this exciting initiative and grab yourself a cuppa on **Thursday 13th October** at **2.15pm**.

THE ZONES OF REGULATION™



ADHD Parent and Carer Information Café Drop-In Mornings

Help Support Advice Information

Come along to these informal mornings to have a coffee and chat with other parents and meet staff from Sheffield Children's Hospital, Ryegate, Sheffield City Council and Family Action

Family Action
Scotia Works
Leadmill Road
Sheffield
S1 4SE



Monthly sessions from 10-12noon

Wednesday 19th October 2022
Wednesday 16th November 2022
Wednesday 14th December 2022
Wednesday 11th January 2023

Diagnosis not needed
Adults only for attendance

For any queries, contact Family Action on 07587633179/07816408019



Our Joke of the Month!



Why does Peter Pan fly around so much?
He Neverlands.



Our Film of the Month!

Zombies 3 **Rating: 8+** **Release Date: 15 July 2022**



It's Zed and Addison's final year Seabrook and Seabrook has become a haven for monsters and humans. Zed is trying to get a football scholarship to be the first Zombie to attend college, and Addison is organizing an International Cheer-Off. When intergalactic outsiders show up to compete in the Cheer-Off, Seabrook grows suspicious that they may be looking for more than a friendly competition.

