

At Miers Court Primary School, we recognise and value the importance of the health and wellbeing of the entire community.

Welcome back to 2025!

We have come back to school with a wonderful opportunity for some of our Year 4 and Year 5 children. Miss Bradley has secured places for pupils at Miers Court to train to as **Mental Health Champions** with a company called **One Goal**.

We introduced the programme to the children in first week back, inviting them to apply for the role – we have been incredibly impressed with the quality of the applications from over 40 of the children in these year groups. Both year groups took part in the Live Launch Video Call with several other schools in Medway and Kent. We will hold interviews with them during the week of the 20th January and then they will start their training. Watch out for updates as they progress on their journey through their training!

January Blues

January can often be a difficult month for many people—Christmas is over, the weather is cold with winter stretching ahead of us still and the nights are longer. Many of the things that we do to cheer ourselves up (walks in the countryside, outdoor exercise, playing in the park, enjoying the sunshine etc) are all harder to achieve.

However, there are some ways that we can help ourselves beat those 'January Blues'.

- You are more likely to stay eating healthier if you have a treat during the week. Remember to also include Vitamin D into your diet to boost your mood.
- Reading has many health benefits. So why not read to take yourself away on a magical adventure or plan a holiday away!
- Do something new – maybe get creative! Paint, draw, write or begin a new hobby.
- Why not take a walk and take notice of your surroundings? This not only has physical benefits but mental health benefits too!
- One great way to improve mood is exercise. Exercise doesn't have to mean going to the gym, it could be a nice bike ride or taking part in yoga or Pilates.
- Take time out for you! Even if its just 10 mins, just take the time to have a rest and enjoy a cuppa.

Message in a Bottle (with a Twist!)

What are you most looking forward to this year? As a family, write down 3 (or more) things that you are looking forward to in 2025. You could do this together or individually. Roll them up and put them in a bottle.



You can check them at the end of the year to see how you have done. It's great to look forward to things and have dreams!

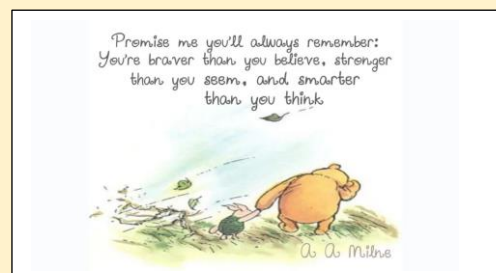
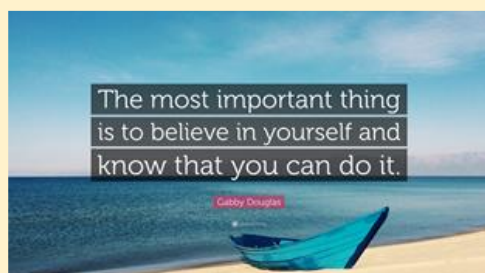
You could also keep a record of all the positive things that happen to you throughout the year. Write them down on colourful bits of paper and add them to a bottle or jar. When you need to cheer yourself up throughout the year, you can open them up and remind yourself of positive and great things you have done.

Children's Mental Health Week – 3rd – 7th February 2025

As usual we will be taking part in Children's Mental Health week.

The theme this year is **Know Yourself, Grow Yourself**. Place2Be (who lead the event) have joined up with Disney to bring ideas and learning to life using 'Inside Out 2'. If you haven't had a chance to see Inside Out or Inside Out 2, this would be a great week to watch as a family.

The children will be taking part in activities during the week focussing on this theme. It also includes an assembly led by Sandra from our Medway Emotional Support Team and her colleagues on the Thursday for KS1 and KS2.



Where to go for support

We have tried to put some useful advice and contacts on the Health and Wellbeing pages of the school website. Have a look to see if there is something here to help.

<https://www.mierscourt-that.org.uk/wellbeing>

However, if you are worried about your child, in the first instance contact the class teacher, Ms Munns or Miss Bradley through the school office.

THE EMOTIONAL CUP

Some ways that children deal with having an empty cup:

- Steal from other people's cups
- Misbehave to get your attention and show that they need a refill
- Seem to have bottomless cups, or need constant 'topping off'
- Can't sit still for refills or actively refuse them
- Bounce off the walls when they approach 'empty'
- Think they have to fight or compete for every refill

What fills a child's cup:

- Play
- Friendship
- One-on-one time
- Love and affection
- Connection
- Succeeding
- Doing what they love



What empties a child's cup:

- Stress and strain
- Rejection by peers
- Loneliness and isolation
- Yelling and punishment
- Failing
- Fatigue
- Doing what they hate



CAMHS

