

Hello and welcome to the first ever Deer Park Wellbeing Newsletter. The first of many to come.

Each half term we will be sending you out information to help support with wellbeing both inside and out of the school environment.

You will find lots of helpful hints and tips, as well as links to various resources that you will no doubt find useful as well....



Deer Park Wellbeing

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### A New Year - A New start

For many, the start of 2022 has been the ideal opportunity to reflect and make some positive changes. More often than not these changes will help improve your Wellbeing. Here are the most popular New Years Resolutions amongst children....

- Eat more fruit and veg
- Drink less fizzy drinks
- Get between 8-10 hours sleep a night
- Spend less time on devices and more time with family and friends
- Keep my room tidy

### The four trees of wellbeing:

- Tree 1: Physical and mental health
- Tree 2: Family and social relations
- Tree 3: Emotions and mood
- Tree 4: Spiritual and moral goodness



### GREAT DREAM

Ten keys to happier living

- |            |  |            |  |
|------------|--|------------|--|
| GIVING     |  | DIRECTION  |  |
| RELATING   |  | RESILIENCE |  |
| EXERCISING |  | EMOTIONS   |  |
| AWARENESS  |  | ACCEPTANCE |  |
| TRYING OUT |  | MEANING    |  |

A good laugh and a long sleep are the two best cures for anything  
~ Irish proverb



The best way to cheer yourself up is to cheer someone else up ~ Mark Twain



# Friendly February 2022

MONDAY



TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

- 1 Send a message to let someone know you're thinking of them
- 2 Ask a friend how they have been feeling recently
- 3 Do an act of kindness to make life easier for someone
- 4 Organise a virtual 'tea break' with a colleague or friend
- 5 Make time to have a friendly chat with a neighbour
- 6 Get back in touch with an old friend you've not seen for a while
- 7 Show an active interest by asking questions when talking to others
- 8 Share what you're feeling with someone you really trust
- 9 Thank someone and tell them how they made a difference for you
- 10 Look for good in others, particularly when you feel frustrated with them
- 11 Send an encouraging note to someone who needs a boost
- 12 Focus on being kind rather than being right
- 13 Smile at the people you see and brighten their day
- 14 Tell a loved one or friend why they are special to you
- 15 Support a local business with a positive online review or friendly message
- 16 Check in on someone who may be struggling and offer to help
- 17 Appreciate the good qualities of someone in your life
- 18 Respond kindly to everyone you talk to today, including yourself
- 19 Share something you find inspiring, helpful or amusing
- 20 Make a plan to connect with others and do something fun
- 21 Really listen to what people say, without judging them
- 22 Give sincere compliments to people you talk to today
- 23 Be gentle with someone who you feel inclined to criticise
- 24 Tell a loved one about the strengths that you see in them
- 25 Thank three people you feel grateful to and tell them why
- 26 Make uninterrupted time for your loved ones
- 27 Call a friend to catch up and really listen to them
- 28 Give positive comments to as many people as possible today



ACTION FOR HAPPINESS

Happier · Kinder · Together

## Winter Warmer: Red Lentil Stew



Cooking can be a great way to relax; why not try this Winter warmer. Its healthy and really easy to prepare.

Method

- cut all the vegetables and place into a large pan (Not the Kale)
- Cook gently for 10 minutes. Then add the garlic and lentils and cook for a few extra minutes.
- Add the stock and bring to boil. Simmer for 25 mins or until the veggies are cooked.
- Add the Kale.

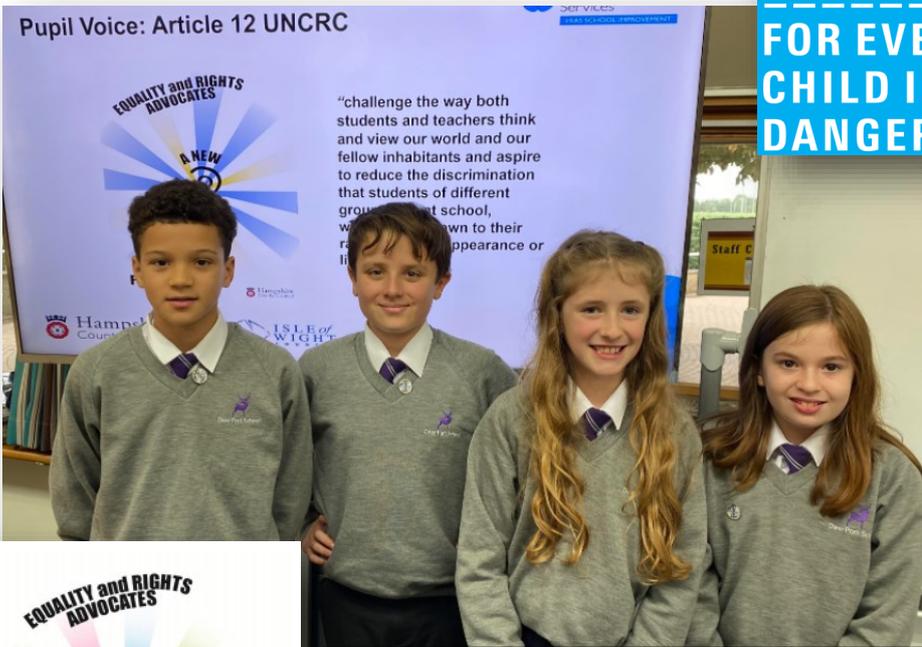
Enjoy with some fresh crusty bread!

Ingredients:

- 150g Red Lentils
- 2 medium Onions
- 2 Celery Stalks
- 1/2 Butternut Squash
- 2 Garlic Cloves

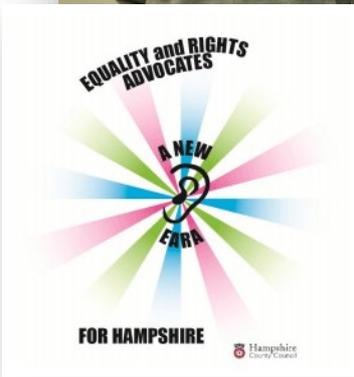


Pupil Voice: Article 12 UNCRC



This half term the students have voted to have the following articles from the UNCRC as their focus.

- Right 2: Right to no discrimination
- Right 24: Right to health, water and food
- Right 12: Right to respect for children's views
- Right 27: Right to food, clothing and a safe home
- Right 28: Access to education
- Right 23: Rights for children with disabilities



EARA and UNCRC:

The students have wasted no time in raising awareness of importance of diversity, equality and rights. Through the student leadership program they have attended their first ever EARA conference and have started to produce tutor sessions to be completed by all with a strong focus on rights and respect within the school community and beyond.



Get some Hygge in your life...

Hygge— (from Denmark) That cozy and relaxed feeling you get when enjoying simple things in life;

- |                    |                |
|--------------------|----------------|
| Lots of fresh air  | Books          |
| Time with friends  | Warm drinks    |
| Good, healthy food | Soft lighting  |
| Candles            | Relaxing music |
| Blankets           | Fireplace      |



## Wellness Workout

Why not do a home work out?

(Fancy dress optional. )

<https://www.youtube.com/watch?v=2X1p0Yd6WA0&t=100s>



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## The Calming Smoothie:

Evidence has shown that getting lots of magnesium in your diet can improve your mental wellbeing. Magnesium deficiency is one of the leading causes of anxiety.

1 x Banana

10 x strawberries

2 Cups of spinach

1 Cup of almond milk

25g of Flax seeds



## On the horizon at Deer Park:

- wellbeing ambassadors (Student Leadership)
- Opening of the wellbeing Bar in the LRC
- Attendance at a local wellbeing consortium
- Monthly wellbeing talks in the LRC
- Launch of the DPS wellbeing Menu and other useful literature.



## Key Dates

### February:

3rd—Time to Talk Day

7th -13th—Children's Mental Health Week

14th- 18th—We can week.

17th—Random Acts of Kindness Day

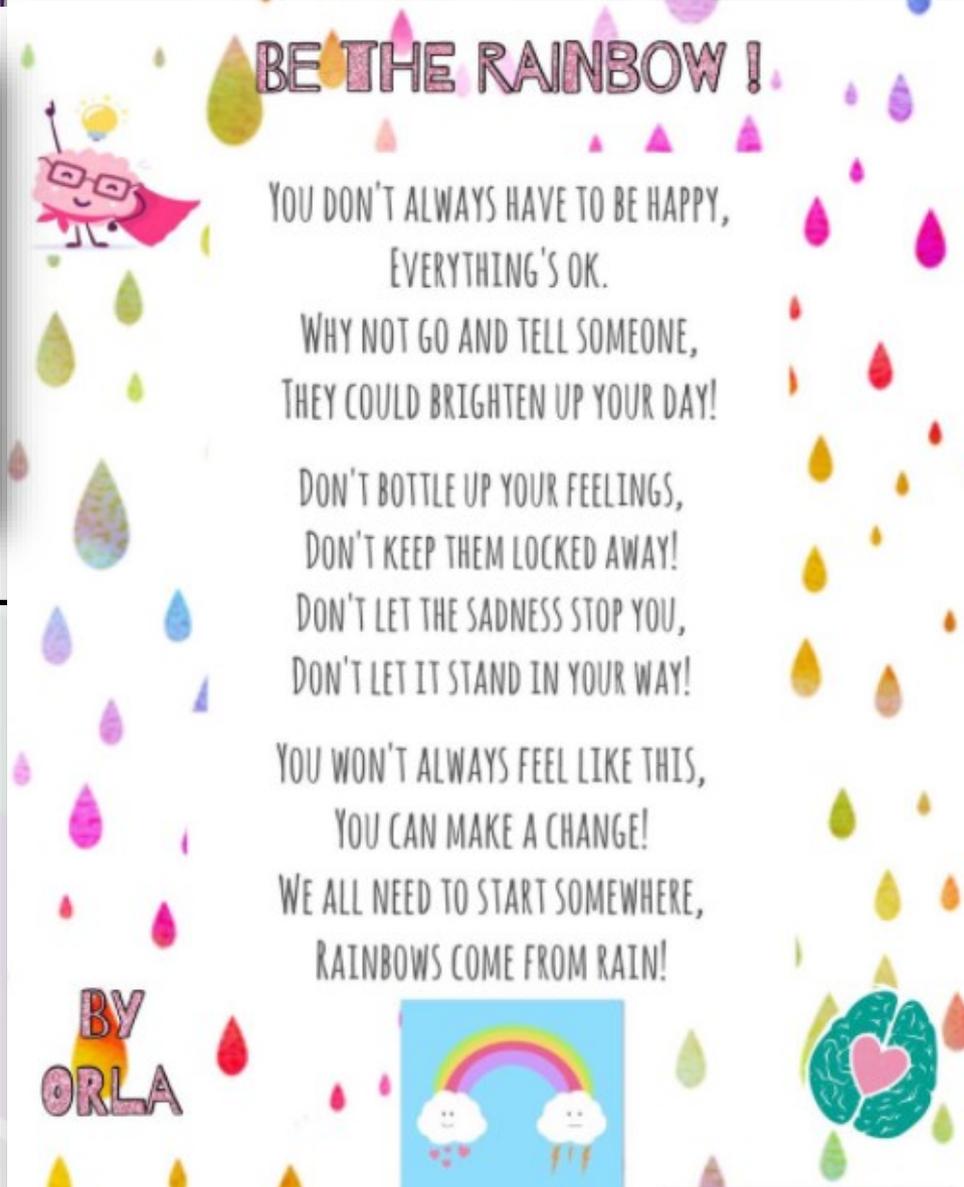
### March:

8th—International Woman's Day

18th—World Sleep day

14th-20th—Nutrition and Hydration Week

20th—International Day of Happiness



### Self help websites

- <https://www.nhs.uk/apps-library/thinkninja/>
- <https://www.youngminds.org.uk>
- <https://www.thecalmzone.net/>
- <https://www.lifesigns.org.uk/>
- [www.moodjuice.scot.nhs.uk](http://www.moodjuice.scot.nhs.uk)
- [www.anxietybc.com](http://www.anxietybc.com)
- <https://stem4.org.uk/>

