

7 November 2022

Dear Parents and Carers,

Re: Mental Wellbeing Assemblies

This term, we have been learning about our mental health and how to keep ourselves mentally healthy.

The children have been learning that mental health is how we feel within ourselves and that we can feel good within ourselves but sometimes we can feel unhappy or sad. They also know that it is absolutely normal to feel unhappy and sad at times.

We have been working on strategies that will help make us mentally healthy and strategies to support ourselves when we feel unhappy or sad so we can feel happy within ourselves again.

The strategies to keeping yourself mentally healthy that the children have been learning are:

1. Children and teenagers need between 10 and 12 hours sleep every night
2. That we all need to do at least an hour of moderate exercise every day
3. Talking to trusted adults and sharing our worries and concerns
4. Having a hobby that you can do on your own or with others
5. Challenging your brain by learning new knowledge or skills
6. Making time to relax and calm your brain from all the inputs and distractions in the world around us

As part of keeping us all mentally healthy, I have challenged the children to a squat challenge. Squats are a good 'power' exercise that you can do anywhere and at any age or ability. I have challenged the children to see who can do the longest squat by the time we get to the end of this term. I have said to the children that the best way to get better is through competition so they need to go home and get their whole family involved. Who in the family can squat for the longest? Can everyone in the family get better and better at doing a squat and do it for longer and longer periods of time?

So if your children have come home and challenged you and their siblings to a squat contest, this is why. I would encourage everyone to join in as a way of making it fun, learning a new skill and strengthening our bodies.

I hope you all have fun with the squat challenge.

Thank you as always for your support

Kevin Atkinson



Head of Lower School