



Hello Thornbury!

What a busy spring term we have all had! There have been all kinds of exciting things happening in school this half term, including World Book Day, Young Carer's Day and World Sleep Day, as well as lots of amazing learning happening. I'm sure that we are all ready for a well-earned rest over the Easter holidays.

It is often easier to look after our wellbeing as the summer approaches as there are more opportunities to get outside in the fresh air. Why not try some of the

challenges from 'Action for Happiness' to keep you busy, active and entertained during the Easter break?

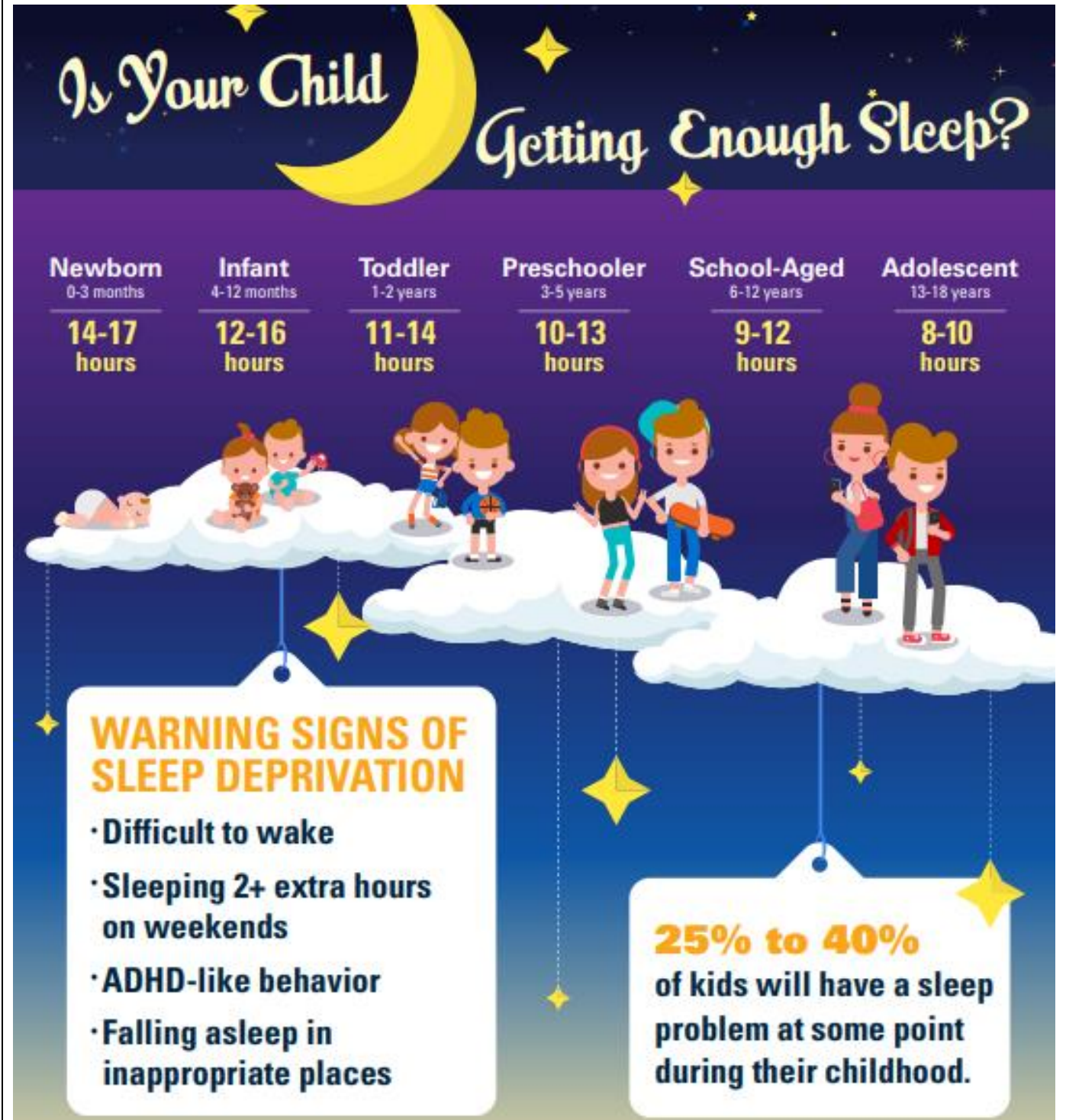
Enjoy the holidays and we all look forward to seeing you back with us in the Summer term!

Ms Manders



World Sleep Day

World Sleep Day took place on 18th March. Getting enough rest is vital for supporting our mental health. Sleep problems are common, with large numbers of children finding it hard to settle down at night for a rest. Here is some information about how much sleep children need and what things that you can do to help your child to develop a healthy sleep routine.





SLEEP TIPS FOR KIDS

Take note of these tips for how to help improve your children's sleep

HAVE A REGULAR ROUTINE

Children sleep better when they have an established bedtime routine which you stick to every night - even on weekends!



REWARDS

Children react well to reward charts so if sleep is proving difficult get your child involved in creating one! Choose the most important sleep rule, such as staying in bed and in the morning allow them to add a sticker to their chart for attaining the goal.

PROMOTE POSITIVITY

Set a time earlier in the day when your child can talk though any worries, fears or anxieties that are causing them concern. Regardless of what has happened during the day remind your child of one thing they have done during the day that makes you proud. This will allow you both to finish the day on a positive note and leave your child with happy thoughts.



TIME

If your child has the ability to read the time place a clock in their bedroom so they can follow instruction on when they go to sleep and when they wake. With younger children use daylight as their guide to when it is time to sleep and when to wake.



LIMIT SCREEN TIME

This will allow your child to start the process of winding down. Electronic devices should be out down at least one hour before bedtime.



Find out more about the Family Wellness Project at: parentingni.org/family-wellness-project



Young Carers

It was also Young Carer's Day on March 16th. Young Carers play an important role in helping their families and often provide invaluable support within and around the home by assisting their parents or other family members with essential tasks.

Some statistics:

- There are about 7 million young carers in the UK alone.
- In the UK, 42% of carers are men and 58% are women.
- By 2030, the number of carers will increase by 3.4 million (60%).

What do we do?

- Practical tasks e.g. cooking, housework, shopping
- Helping to give medication
- Emotional support
- Managing the family budget
- Helping someone communicate
- Looking after siblings

Contact:

If you think you are, or know someone who is a young carer, you can speak to Mrs Belcher, Mrs Temple, Mrs Wood or our Young Carer Champions Casey Bevins and Ryan Barrett - Belcher. They wear badges like this:



Being a young carer has an impact on the important things of growing up.

- It can affect a young person's health, social life and self-confidence.

BUT...

Lots of skills are learnt by being a young carer. e.g. Money handling, taking responsibility, social skills, etc.

- Many struggle to juggle education and caring which can lead to cause pressure and distress.
- 1 in 20 miss school because of their caring role.
- 26% have been bullied because of their caring role.

It can be a very difficult role for a young person to assume though and can have implications for their mental health. The good news is that there is lots of support available for young carers and their families. Have a look at these websites for a bit more information. If you know someone who is a young carer and think they need support, then please let us know so that we can do everything that we can in school to help. We can also assist with signposting to available services and support.

Action for Happiness

Finally, you could also try to complete one of the 'Daily Wellbeing Challenges' from the Action for Happiness calendar attached to this newsletter. These are just small ideas and activities that can help to boost your mental health and wellbeing.

Wellbeing Activities: Why not join in with this Daily Wellbeing Challenge? Complete a new activity every day throughout April – they all link to the 5 ways of wellbeing!

Active April 2022

MONDAY



4 Eat healthy and natural food today and drink lots of water

11 Set yourself an exercise goal or sign up to an activity challenge

18 Try a new online exercise, activity or dance class

25 Have a 'no screens' night and take time to recharge yourself

TUESDAY



5 Turn a regular activity into a playful game today

12 Move as much as possible, even if you're stuck inside

19 Spend less time sitting today. Get up and move more often

26 Take an extra break in your day and walk outside for 15 minutes

WEDNESDAY



6 Do a body-scan meditation and really notice how your body feels

13 Make sleep a priority and go to bed in good time

20 Focus on 'eating a rainbow' of multi-coloured vegetables today

27 Find a fun exercise to do while waiting for the kettle to boil

THURSDAY



7 Get natural light early in the day. Dim the lights in the evening

14 Relax your body & mind with yoga, tai chi or meditation

21 Regularly pause to stretch and breathe during the day

28 Meet a friend outside for a walk and a chat

FRIDAY

1 Commit to being more active this month, starting today

8 Give your body a boost by laughing or making someone laugh

15 Get active by singing today (even if you think you can't sing!)

22 Enjoy moving to your favourite music. Really go for it

29 Become an activist for a cause you really believe in

SATURDAY

2 Spend as much time as possible outdoors today

9 Turn your housework or chores into a fun form of exercise

16 Go exploring around your local area and notice new things

23 Go out and do an errand for a loved one or neighbour

30 Make time to run, swim, dance, cycle or stretch today

SUNDAY

3 Listen to your body and be grateful for what it can do

10 Have a day free from TV or screens and get moving instead

17 Be active outside. Dig up weeds or plant some seeds

24 Get active in nature. Feed the birds or go wildlife-spotting



ACTION FOR HAPPINESS

Happier · Kinder · Together