

Duddon St. Peter's CE Primary School

'Be the best you can be.'



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Wellbeing Newsletter

Mindful March

Let's pause, breathe and notice, so we can respond more mindfully

Mindful March 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1 Notice how you speak to yourself and choose to use kind words	5 Bring to mind people you care about and send love to them	9 If you find yourself rushing, make an effort to slow down	13 Take three calm breaths at regular intervals during your day	17 Set an intention to live with awareness and kindness	21 Notice three things you find beautiful in the outside world	25 Start today by appreciating your body and that you're alive
11 Stay fully present while drinking your cup of tea or coffee	15 Listen deeply to someone and really hear what they are saying	19 Pause to watch the sky or clouds for a few minutes today	23 Find ways to enjoy any chores or tasks that you do	27 Eat mindfully. Appreciate the taste, texture and smell of your food	31 Take a full breath in and out before you reply to others	10 Get outside and notice how the weather feels on your face
18 Have a 'no plans' day and notice how that feels	22 Cultivate a feeling of loving-kindness towards others today	26 Focus on what makes you and others happy today	30 Listen to a piece of music without doing anything else	14 Stop. Breathe. Notice. Repeat regularly	18 Get really absorbed with an interesting or creative activity	22 Look around and spot three things you find unusual or pleasant
24 Focus your attention on the good things you take for granted	28 Choose to spend less time looking at screens today	31 Appreciate nature around you, wherever you are	12 Notice when you're tired and take a break as soon as possible	16 Notice something that is going well, even if today feels difficult	20 Tune into your feelings, without judging or trying to change them	24 Appreciate your hands and all the things they enable you to do

ACTION FOR HAPPINESS Happier · Kinder · Together

CALENDAR DATES

18-24TH March



World Health Day - 7th April
International Day of Happiness – 20th March

In school this week, we will be celebrating Neurodiversity. We will be looking at ways our brains are different and sharing inclusive activities to celebrate diversity.

Don't forget to visit our new webpage on the school's website for more support and information on mental health and wellbeing.

<https://www.nspcc.org.uk/keeping-children-safe/support-for-parents/>



Online wellbeing

Managing mental health in the online world

Discover ways to support

Nspcc have some great resources to support your child's mental health and wellbeing.

What is Neurodiversity?

When it comes to inclusion, neurodiversity refers to a world where neurological differences are recognised and respected as all other human variations.

Depending on how our brains are wired we think, move, process information and communicate in different ways. Many people in our community use neurodiversity as an umbrella term used to describe alternative thinking styles such as Dyslexia, DCD (Dyspraxia), Dyscalculia, Autism and ADHD. But regardless of labels, neurodiversity is about **recognising those who think differently**. And no matter whether you are a school, university or organisation you can benefit from different thinkers!

Approximately 15-20% of the population has a neurological difference. Instead of labelling people with deficits or disorders, when we use the term neurodiversity, we take a balanced view of an individual's unique strengths and challenges.

Parent Resources



Text messaging service: 01829 470000