

Merry Christmas and a Happy New Year!



Podcast recommendation

A Christmas podcast that celebrates the coziness of Christmas by sharing stories, memories, and classic tales of Christmas. Download wherever you get your podcasts.

Welcome to our Christmas edition of the Well Being Newsletter. This can be a wonderful time of year for some but a stressful one for others. People are all dealing with difficult things all year round and at times Christmas makes these feel worse.

Please take care of yourselves and each other. We hope this edition has a few things that will help you along the way.



SOMETIMES YOU JUST HAVE TO STOP AND BREATHE.



IF YOU'RE GOING HOME TO AN UNSUPPORTIVE FAMILY THIS HOLIDAY SEASON, REMEMBER THAT YOUR WORTH IS NOT DEFINED BY WHAT THEY SAY OR HOW THEY TREAT YOU.



IT'S OKAY IF YOU CAN'T AFFORD THE GIFTS YOU WANT TO BUY.



TAKE CARE OF YOURSELF THIS HOLIDAY SEASON.

SMITH ROY



HOLIDAY PROGRAMME

INFLATABLE HUMAN HUNGRY HIPPOS

Years 7 & 8

Tuesday 20th

December

10am - 2pm

Years 9, 10 & 11

Wednesday 21st

December

10am - 2pm

@THE MIX STOWMARKET

NEEDHAM HOLIDAY DROP IN

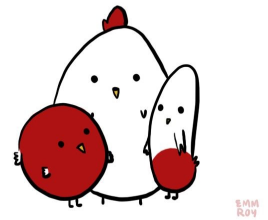
Christmas crafts and hotdogs

Thursday 22nd December

10am - 2pm

@The Mix Hut (Crowley Park)

None of these activities require a booking, however we do have a maximum capacity. Please ensure you arrive to Drop In on time to avoid any disappointment.



December Kindness 2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1 Spread kindness and share the December calendar with others	2 Contact someone you can't be with to see how they are	3 Offer to help someone who is facing difficulties at the moment	4 Support a charity, cause or campaign you really care about	5 Give a gift to someone who is homeless or feeling lonely	6 Leave a positive message for someone else to find	7 Give kind comments to as many people as possible today
8 Do something helpful for a friend or family member	9 Notice when you're hard on yourself or others and be kind instead	10 Listen wholeheartedly to others without judging them	11 Buy an extra item and donate it to a local food bank	12 Be generous. Feed someone with food, love or kindness today	13 See how many different people you can smile at today	14 Share a happy memory or inspiring thought with a loved one
15 Contact an elderly neighbour and brighten up their day	16 Look for something positive to say to everyone you speak to	17 Give thanks. List the kind things others have done for you	18 Ask for help and let someone else discover the joy of giving	19 Contact someone who may be alone or feeling isolated	20 Help others by giving away something that you don't need	21 Appreciate kindness and thank people who do things for you
22 Congratulate someone for an achievement that may go unnoticed	23 Choose to give or receive the gift of forgiveness	24 Bring joy to others. Share something which made you laugh	25 Treat everyone with kindness today, including yourself!	26 Get outside. Pick up litter or do something kind for nature	27 Call a relative who is far away to say hello and have a chat	28 Be kind to the planet. Eat less meat and use less energy
29 Turn off digital devices and really listen to people	30 Let someone know how much you appreciate them and why	31 Plan some new acts of kindness to do in 2023				

ACTION FOR HAPPINESS

Happier · Kinder · Together



Perspective;

a particular attitude towards or way of regarding something; a point of view.

Outlook, view, point of view

Perspective can cause two people to look at the same thing and see two totally different things. Because of this, our perspective can be changed with a little work. If you change your view, you can change your life.

If you don't like something, change it. If you can't change it, change the way you think about it. Ultimately it's not always easy, but over time you have the power to decide if it's a mountain you are looking at or a molehill. It all comes back to your attitude. A positive

Tips

Shift your focus off the problem.

Consider, What can I learn from this?

Remember there are still good things going, even if this is hard to see at first.

Think: how can I get smarter and stronger because of this?

Smile and laugh whenever you can. It can change a situation instantly.



App Recommendation



Stop Breathe Think

Check in with how
you're feeling, and try
short activities tuned to
your emotions



IT'S OKAY
TO MAKE
MISTAKES



YOUR BRAIN
IS AMAZING
EVEN THOUGH
IT'S ILL.

This month we were visited by our young carer link representative from Suffolk Family Carers. They spoke with some of our young carers within the school and will be coming into school every half term and be available if our young carers would like to speak with them.

On the emotional fitness boards around the school, there is a poster with a QR code for our young carers to scan. This code will enable them to see what workshops, sessions and meet ups Suffolk Young Carers are offering. In the past, workshops have included Dungeons and Dragons meet ups, Warhammer sessions, creative writing and drop ins at local cafes.

We are starting up our young carers "Hot chocolate and chat" drop-in sessions on Thursday lunch times over in Oasis. This will be an opportunity to check in with Mrs Langley if they wish to do so, provide an opportunity to share any concerns or issues they are currently experiencing and be with other young carers whilst enjoying a hot chocolate (with cream and marshmallows!)

YOUNG CARERS

HOT CHOCOLATE AND CHAT!

THURSDAY LUNCHTIMES IN OASIS



Suffolk • • •
Young Carers





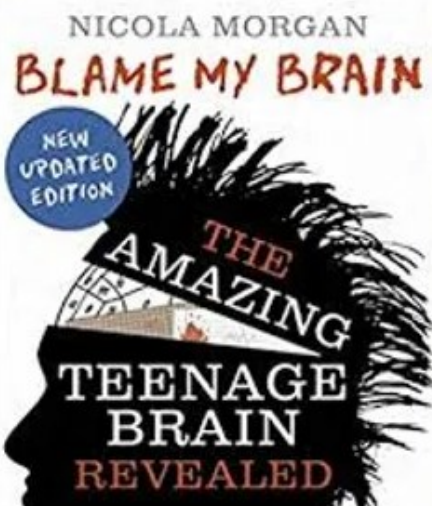
YOU'RE
AMAZING, AND
YOU'RE NOT
ALONE.



Book

Recommendation

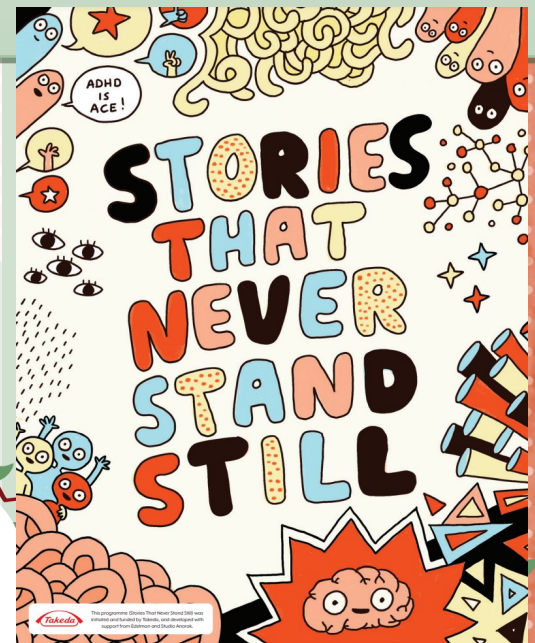
An accessible and humorous examination of the ups and downs of the teenage brain with chapters dealing with powerful emotions, the need for more sleep, the urge to take risks, the difference between genders and the reasons behind addiction or depression.



Recommended Guide

A helpful guide to ADHD written by young people for young people

Click the [link](#) to the pdf on our website



Help Lines

Anxiety UK: support@anxietyuk.org.uk/08444775774

MIND: info@mind.org.uk/03001233393

No Panic: admin@nopanic.org.uk/ 08449674848

Nightline: Nightline.ac.uk Samaritans: jo@samaritans.org/ **116123**
(freephone)

Christmas can be a painful time when you have lost a loved one or someone who was very important to you. There will be times when emotions are more heightened and when the sense of loss can feel greater. Christmas is the season which celebrates love and family time and is one of these times. It doesn't matter whether your special person died a few weeks, months or years ago,

Ways to remember your special person at Christmas

1. Some families like to continue old family traditions, whereas others choose to create a new family tradition e.g. baking a special Christmas cake together.
2. You could mark the memory of the person that has died by doing something special. This could be visiting a special place, lighting a candle, or buying a new special decoration for the tree.
3. You might want to visit the grave or the place where the ashes were scattered and place a Christmas card there.
4. You could ask friends and family to write special messages to your loved one on star-shaped cut-outs and hang these up on ribbon around the home or on a tree.
5. Ask other people for their memories of the person who died and begin to compile their 'life story'. If family members are together at Christmas, it would be a good opportunity to record these. You could include Christmas memories, for example: 'What was the worst or best present they ever gave you?' 'What was their favourite part of the day?'
6. You could choose to eat their favourite meal – fish and chips? Curry? Egg on toast?
7. Listen to their favourite music, or their favourite Christmas music.
8. Make and bake salt dough shapes to hang on the tree. You could decorate them with things important to the person who died.
9. On Christmas Day itself, remember to look after yourself, if things become a bit too much, you could always find a way to take a breather. Give yourself permission to not be ok and, equally, to have fun and smile.

Ways to cope with grief at Christmas

- Try and be sensitive to everyone's needs as everyone in the family will have different ways of grieving
- Give children (and yourself) permission to look forward to and enjoy Christmas, to smile and have fun
- Also give yourself permission to not be ok
- Make space to remember that someone is missing and it's natural to miss them
- Talk as a family about how you are all feeling about Christmas
- Decide together what you would like to do to remember your important person (see our ideas below)
- Make plans but also give yourself permission to change your mind
- Be kind to yourself and if things become too much, find a way to take time out