

# Well-being Wall

We had a particularly happy day on Friday 9<sup>th</sup> October when everyone wore something yellow to school to recognise #HelloYellow and World Mental Health Day.



#HelloYellow



Do one thing



Look out for a questionnaire regarding well-being. Your response will be invaluable to discover how mentally healthy our school is.

Thank you for sending in your photographs of what you did to mark World Mental Health Day. There were so many wonderful activities including baking, gardening, exercising outdoors and it was lovely to see families spending time together. All the photographs will be displayed in school on our Well-being Wall.



## Ways to Well-being...

Building positive routines and structure into children's lives helps family well-being. This includes sleep, healthy eating and exercise.

Did you know children between the ages of 5 and 7 need **ten hours** sleep each night?

Doing the same relaxing things in the same order and at the same time each night promotes good sleep: a warm bath, low lights (helps the body produce the sleep hormone melatonin) and a bedtime story. Screen time should be stopped at least an hour before bed as it suppresses the release of melatonin. For more 'sleep tips' follow the link below.

<https://www.nhs.uk/live-well/sleep-and-tiredness/healthy-sleep-tips-for-children/>