

At Miers Court Primary School, we recognise and value the importance of the health and wellbeing of the entire community.

Welcome back to the first Health and Well-being Newsletter for this academic year!

Wellbeing and positive mental health continue to be a priority for us at Miers Court and looking after each other is important on a daily basis. Please look after yourselves and each other in the year ahead and stay kind.

We would also like to welcome members of the Medway Emotional Support Team to the school community – Sandra Riveros Cortes and Brianna Way. We will send out information from Sandra and her colleagues on a regular basis over the course of the year.



Friendship Week and Odd-Socks Day



This will take place between Monday 11th – Friday 15th November 2024.

Odd-socks day in school is Tuesday 12th November. There's a serious message behind the fun: let's pull on odd socks to show **we're ALL unique and different**, and **let's be kind to each other and respect each other's individuality**.



Parents, please feel free to join us wearing odd socks at the school gates!

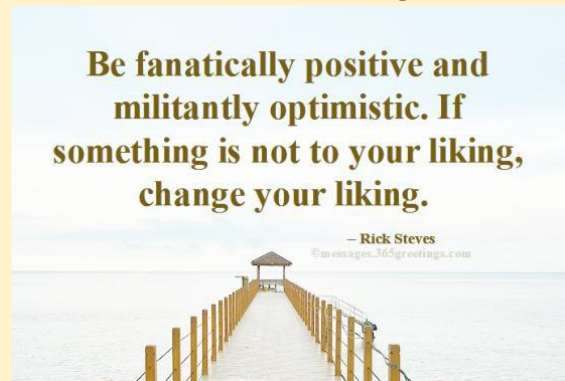
The theme this year is "Choose Respect". Each year group will carry out activities in assemblies and lessons on this theme. Stay tuned for a MCM Special about the week!

<https://anti-bullyingalliance.org.uk/anti-bullying-week-2024-choose-respect/anti-bullying-week-2024-choose-respect>

Positive Thinking

Be fanatically positive and militantly optimistic. If something is not to your liking, change your liking.

– Rick Steves
@messagesthatbringings.com



Good news! Did you know that science suggests that positive thinking is a learnable skill?



Three Good Things Exercise

Research suggests that thinking of, and listing, three good things each day can contribute to increased happiness in the short term and longer term. Even better, this exercise is simple to do. Just spend a few minutes each evening reflecting on the day until you think of three good things. Spread the positive vibes, and think about sharing your three things with those that you love!



World Kindness Day – Wednesday, 13th November

World Kindness Day is celebrated annually on November 13 as part of the Global Kindness Movement. It gives us the opportunity to reflect on one of the most important and unifying human principles - **empathy, compassion and kindness**.

Imagine what the world would be like if each person did one kind thing for someone else.

Get started making a difference with these simple ideas:

- Compliment the first three people you talk to
- Say good morning/afternoon as you walk past people
- Pick up litter. Spend 10 minutes cleaning a park or your neighbourhood
- Dedicate 24 hours to spreading positivity on social media



What else could you do to spread a little kindness to others?

TOP TIPS

Wellbeing Tip: Spend time in Nature!

Why not make the most of what autumn has to offer? Colours, smells, sounds... everything changes at autumn time! The golds, reds, purples, russets and oranges that provide a burst of joy before the winter months are particularly vivid this year. Spending time in nature outdoors can help improve your mood and reduce feelings of stress and anger.



Try to pay attention to your surroundings and find things to see, hear, taste, smell and touch. Lots of people find that being with animals is calming and enjoyable. You could try pet-sitting or dog walking, feed birds from your window, or visit a local community farm. You can even bring nature indoors! This can give you the benefits of nature without having to go to a park or public garden. You could buy flowers, potted plants or seeds for growing on your window sill. Or you could collect natural materials from outdoors, such as leaves, flowers, feathers, and use them to decorate your living space.