



Well-Being

Welcome to our December Frimley Well-Being Newsletter. This month we are focusing on Christmas and how to have a calm Christmas with your children, how to access support during the festive season and free activities on offer for the whole family to enjoy.

For the last couple of years, we have successfully collected a very generous amount of donated food and other household items for our local charity *The Besom in Camberley*.



Food poverty is real concern this year with millions of young people living in “food-insecure” households. Please take part and help those less fortunate this Christmas by donating food or other non-perishable useful items to your child/children’s class calendar. The children can fill their ‘Reverse Advent Calendar’ boxes throughout the week and all items will be donated on the last day of term.

Anna Stroud (Mental Health Lead) & Vicki Conway (Family Link Worker)



SURREY HEATH MENTAL HEALTH SUPPORT TEAM (MHST)

Your Voice Matters:

This survey will give you the opportunity to have your say in how the service is developed and delivered in our school, as well as resources to support your child(ren)s mental health. Please take time to complete this survey by clicking on the link: <https://forms.office.com/r/vTLGpaK39s>

Contact Us:

If you would like to find out more about the MHST at Frimley, send an email to: LetsTalk@frimley.surrey.sch.uk



When kids meltdown over the holidays

It does not mean

- They are a bad child.
- You are a bad parent.
- They are trying to ruin your fun
- They are trying to embarrass you.
- You need to fix their feelings.
- You need to jump to their demands.
- They need to learn a lesson.
- They are defiant and refuse to listen.
- They hate you.

It may mean

- They need a break.
- They are overwhelmed.
- They need connection with you.
- They are struggling with a sensory.
- They need you to be their calm.
- They are seeking a quiet, calm space.
- They are tired, hungry, or bored.
- You are their safe space.
- They are still figuring out how to navigate their big feelings.



TIPS to reduce Stress over the Holidays

Why are the Christmas holidays so fraught? Because expectations are heightened, and holidays can feel like a test of how happy and successful your family is. Here are some tips to help minimize stress and make the holidays more fun and fulfilling.

1. Be open to change

Talk with your kids about your traditions — which ones they love and which you might evolve to make them more fun or memorable for everyone. This is especially important when family dynamics have changed because of divorce, a new marriage or sibling, or a death in the family.



2. Be realistic

Factoring in children's limitations when you make plans will reduce stress on everyone. Kids who are anxious about meeting new people — or even encountering the extended family — will need support and realistic expectations. Children who have trouble with organization will need help to succeed at gift-giving. Children who tend to be impulsive need structure to minimize disruptive behaviour. Not overestimating your children's patience and ability to focus will help you enjoy yourself more, too.

3. Prep children for changes in routine

Holidays represent a change in a family's normal schedule, and for some children that's unsettling. Preparing them for changes in their routines — what to expect and what you expect of them—will help head off meltdowns. If you're traveling, bring familiar toys and books, and make sure you have quiet one-on-one time like reading before bed.

4. Give yourself a break

Don't stretch yourself too thin trying to create the "perfect" holiday season. Decide what is important, prioritize, and say "no" to what you can't handle.

Free and Cheap activities for the Christmas Holidays

Find all of our reindeer around the town and write down the letter on it's collar. Once you've found all 8 reindeer work out the festive word and post in the ballot boxes in The Square & The Atrium! You can download our help sheet once the competition begins! Once you complete the form you could be in with a chance of winning one of our five Love Camberley Gift Cards we are offering!



Tuesday 20th to Saturday 24th December 11 to 4pm -
Make your own Potato print Christmas Wrap;

World War I Christmas wrapping paper

Drop in session daily. £1.50 per child

Surrey Heath Museum, 33 Obelisk Way, The Square, Camberley, Surrey, GU15 3SG

Tel: 01276 23771 Email: museum@surreyheath.gov.uk

Website: e-voice.org.uk/surreyheathmuseum

We are open Tuesday to Saturday 11am to 4.30pm, Free Admission



Visit the Blue Bear Bookshop

Located in central Farnham, this new café offers something for everyone. From scrumptious cakes to hot drinks, this is a café for all ages. Their dog-friendly café offers a boardgames room and plenty of comfortable armchairs for a comfy read.



Welcome to the Experience Guildford's Christmas Page!

Here you will find important dates of all the activities going on leading up to Christmas!
With more activities scheduled than ever before, Guildford town promises to be a hive of activity this festive season!

[Christmas 2022 - Experience Guildford](#)



[Surrey County Council - Family information directory](#)



TIPS FOR MANAGING YOUR MENTAL HEALTH AT CHRISTMAS



Take a break



Look after yourself



Join the local community



Everything in moderation



Avoid social comparisons



Have realistic expectations



Don't look back



We want to offer a helping hand to anyone who may be experiencing financial stress, and empower others to spot the signs so that no one suffers in silence.

[Helping Each Other Through Christmas. StepChange](#)

[Surrey County Council - Family information directory](#)
[\(surreycc.gov.uk\)](#)



MENTAL 'ELF' And WELLBEING



Look after your
MENTAL 'ELF'
and **WELLBEING**

Every single day make sure you...

- Exercise
- Help others
- Learn something new
- Notice things around you (mindfulness)
- Connect with other people (safely)

Love
from
Santa
XX




Look after
your
mental
'elf'




DECEMBER

25 DAYS OF KINDNESS



1 Give someone a compliment	2 Thank a friend for all they do for you	3 Leave a friendly note on someone's desk	4 Smile at everyone today	5 Hold the door for someone
6 Play with someone new	7 Leave a positive sticky note on someone's desk	8 Do someone's classroom job	9 Pick up garbage around the school	10 Say hello to 5 different people
11 Help someone with something	12 Do your class job without a reminder	13 Bring a snack for a friend	14 Write a thank you card for an adult in the school	15 Push in someone's chair
16 Tell someone they did a "great job"	17 Wish someone a Merry Christmas	18 Tell someone what you like about them	19 Help someone who has dropped something	20 Read a book to a younger person
21 Make someone laugh	22 Write a note to a former teacher	23 Make a card for your mom or dad	24 Clean your room without a reminder	25 Tell your family you love them



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How to Have a Calm Christmas with Extended Family

Holidays are supposed to be happy family events, but a lot of times they can be very stressful. Here are some things parents can do to help the holidays go more smoothly.

From “The Child Mind Institute”

Minimize conflict over behaviour

Your children know the rules at your house, but in the excitement and novelty of a relative’s home, good behaviour can be a casualty. Always have a conversation before leaving your house about how you expect your children to behave, and don’t shy away from specifics.

Talk to your hosts early

Besides preparing your children, sometimes it’s necessary to prepare your relatives so they know what to expect. Dr Dickstein recommends putting a moratorium on criticizing. “Warn family members about sensitive topics in the same way you’d warn people in advance that your child has a nut allergy,”. If you have a body-conscious teen, no one should chide her for taking seconds on mashed potatoes. If your brother doesn’t believe ADHD is real, now isn’t the time to discuss it.

Plan ahead for some peace and quiet

For children who are easily overstimulated or sensitive to things like noise and crowds, Rachel Busman, PsyD, a clinical psychologist, recommends arranging for another room they can use when they need a break. “During family gatherings we want to achieve a balance between being social with relatives while also knowing that, if things get too overwhelming and intense, there’s a place to take a break and just be quiet.”

Discuss social expectations

Parents should have different social expectations for different children, and if necessary communicate them to your extended family. “You want to avoid those mandatory hugs and kisses or cheek-pinching for kids that don’t do that or like it,” says Dr Dickstein. Getting along with cousins and other kids they don’t see often can be a challenge. Just because children are approximately the same age doesn’t mean they’ll be natural friends, but they should still try to get along—with adult support if needed. If your daughter gets easily frustrated when she doesn’t get her way, encourage her to share and be polite with her cousins—and let her know she should find you if conflict arises that they can’t settle amicably. Dr Dickstein says family gatherings can be a teachable moment. “Let kids know that family is important and sometimes you have to deal with people you don’t really like, but you should work it out, if you can. As parents you are probably doing that with your relatives too, so you can model good social behaviour.”

Think about the menu

Family gatherings centred on a meal can put a lot of pressure on kids who are picky eaters or who have sensory issues that limit their diet. If you are going to someone else’s house for dinner and you know the menu will be a problem, Dr. Busman suggests packing something your child will eat and bringing it with you. Have a conversation with your child ahead of time to reassure them, explaining, “I know we’re going over to your aunt’s house and there’s going to be some different foods there, but we’ll make sure that we bring some things that you like. It would be great if you could try something else, too.” Exploring new foods is good for children, but it shouldn’t be the most important thing.

Manage your expectations

Both Dr Busman and Dr Dickstein agree that managing your own expectations of what the holidays “should” be like is the most essential step to any holiday gathering. “As parents we should check in with ourselves over what our own expectations are and not extend them to our children.” Dr Dickstein advises identifying one or two things you would like your kids to get out of the holidays—an idea, a value, a memory of doing something special together as a family—and work on achieving that. “But above all, give yourself a break,” he says. “You can’t make everyone happy, and perfect holidays are non-existent. Think of all those Hollywood comedies about disastrous family gatherings. There’s a reason why they’re funny.”

Helpful Advice

 **Surrey County Council** 20 Sep · 🌐


Cost of Living financial support is available to all Surrey residents

Read to find out more <https://orlo.uk/BZ9c2>

You can also call the Community Helpline on 0300 200 1008 which is open Monday to Friday from 9am until 5pm

[#SurreyMatters](#) [#CostofLiving](#)



 **Surrey County Council** 4 h · 🌐



Help to reduce energy bills this Winter.

Grants of up to £25,000 are now available for eligible Surrey residents to help make their homes warmer and more energy efficient.

People living in hard to heat homes and on lower incomes could receive grants between £10,000 and £25,000 to improve insulation and install renewable technology such as solar electricity panels, which help reduce energy costs.

Check if you are eligible by visiting the Action Surrey website - <https://orlo.uk/yly9q>, or by calling an Advisor on 0800 783 2503.

[#SurreysGreenerFuture](#)



SAL
FAMILY
LEARNING

You can still enrol on courses starting in October and November. We have plenty of courses to help support you and your family. Please see the available courses and workshops below.

[Helping your child manage anxiety](#)

[Exploring behaviour strategies](#)

[Developing children's self-esteem](#)

[Building children's resilience](#)

[Cooking and baking](#)

[English for parents/carers as an additional language](#)

[Applying for a primary school](#)

These are government funded courses for parents and carers who would most benefit from FREE tailored courses.



Mindworks
Surrey

Our free Children and Young People's Crisis Line is available 24 hours a day for young people 6 years old and over, parents and carers who are experiencing emotional and mental health crisis.

**Please call 0800 915 4644
selecting option 1**



Scan me to visit our website
www.mindworks-surrey.org