



Well-Being

'Let's Connect'

Studies show, that human beings thrive in communities, and this connection is vital for our well-being, and our survival. When we have healthy connections – to family, friends and others – this can support our mental health and our sense of wellbeing. And when our need for rewarding social connections is not met, we can sometimes feel isolated and lonely – which can have a negative impact on our mental health.



For Children's Mental Health Week 2023, we're encouraging children and adults within our Frimley community, to connect with others in healthy, rewarding, and meaningful ways. This week, the children and staff, will be taking part in a variety of **'Let's Connect'** activities which have been purposefully designed to help us to develop and deepen our sense of belonging, whilst reaching out to others within our school community.



Anna Stroud, Senior Mental Health Lead & Vicki Conway, Family Link Worker

Safer Internet Day—Tuesday 7th February 2023

The theme this year is **'Want to talk about it?'** and is centred around having positive conversations with others about life online. It's never too early or too late to start an online safety conversation with your child and it's important to keep the conversation positive. For tips and tools on how to support your child's digital journey, click on the link: [IM-Open-Up-Infographic-V8-4Aug \(internetmatters.org\)](https://internetmatters.org/IM-Open-Up-Infographic-V8-4Aug)



SURREY HEATH MENTAL HEALTH SUPPORT TEAM (MHST)

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

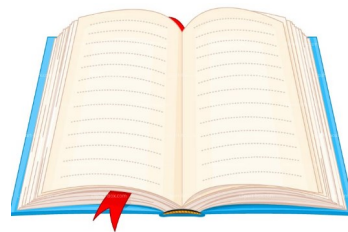




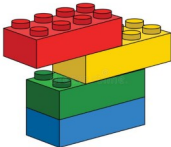

Activities in school to promote Children's Mental Health Week

Paper Chain Activity



Connection & Kindness Poetry Competition



Breaktime –in the hall	In 5S at lunchtime	In well-being zone
Dance workouts	Inventing your own	Sensory garden activity
Yoga 	Calm games—wink murder and random	Mini yoga 
Mindful colouring	Board games/puzzles	Calm games
Sensory circuits	Lego 	Mindfulness
Whole school	Mindfulness workshop	Music 

Why Connecting With Your Child Is Important

1. It gives your child positive attention.
2. It makes your child feel loved.
3. It raises your child's confidence & self-esteem.
4. It builds trust.
5. You'll have a great relationship.

Kind Muslim Parenting www.pameelahd.com

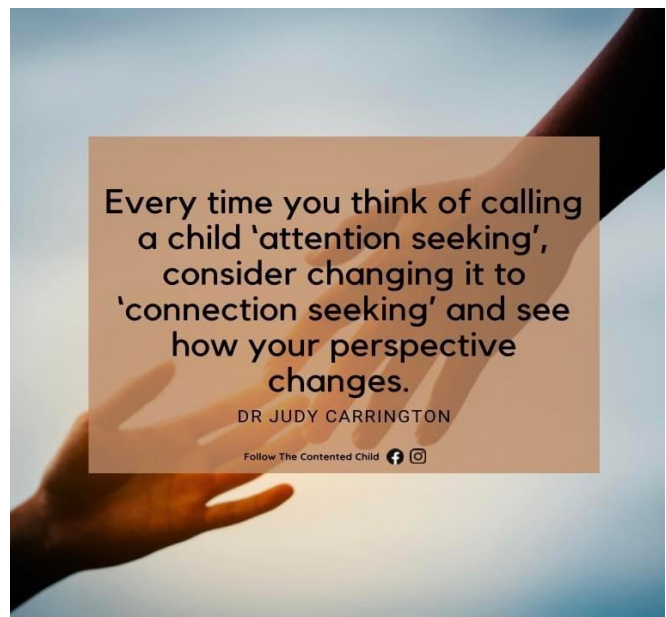
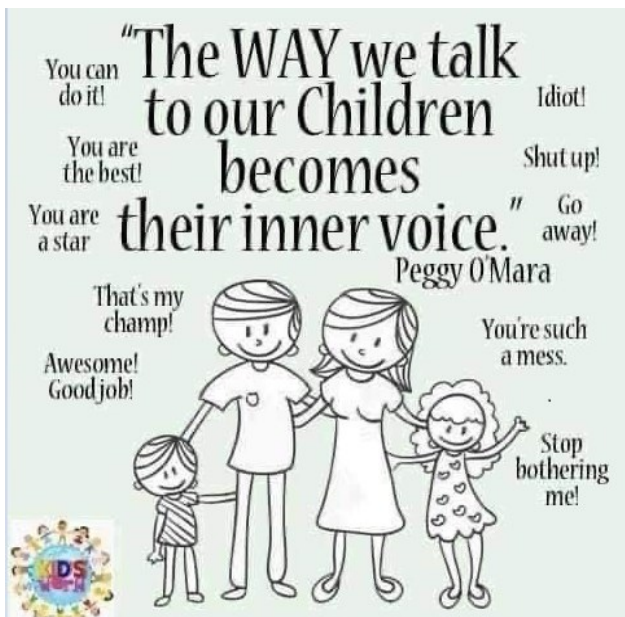
Supportive Links

Ten Ways to Connect With Your Child Everyday | A Parenting Resources Guide - Hand in Hand Parenting

Emotional Validation: How to Validate a Child's Feelings (33 Examples) (parentingforbrain.com)

Parenting courses and advice - Surrey County Council (surreycc.gov.uk)

4 Amazing Ways to Emotionally Connect With Your Child - Mum In The Madhouse



7 Ways to Connect with Your Children

1. Talk (and Listen) to Them.
2. Take an Interest in their Interests.
3. Invite Them Into Your World.
4. Find a New Hobby.
5. Guilt is Not a Weapon.
6. There's a Time For Friendship and a Time For Parenting.
7. Try Not to Get Discouraged.

[7 Ways to Connect with Your Children \(childdevelopmentinfo.com\)](http://childdevelopmentinfo.com)



Connecting with nature

We spend so much time lost in our thoughts: our worries, 'to do' lists and plans for the future. Sometimes it's difficult to live in the present, to appreciate the now and focus on just being.

So why not take a moment to consider how nature makes you feel? Many studies have linked it to an increased sense of calm and a reduction in depression, anxiety and stress-related symptoms. Given our experience of a global pandemic, nature's healing powers have never been so important. Whatever your circumstances, we invite you to safely experience the wonder and beauty of nature and enjoy a new connection and inspiration.



10 ways to connect with nature

1. Listen
2. Tune in to chill out
3. Be curious
4. Capture the moment
5. Bring nature indoors
6. Natural scents
7. Touch the earth
8. Natural exercise
9. Relax in nature
10. Grow your own

Wellesley Woodlands Events

Enjoy the nature on your doorstep with these **FREE** guided walks and activities. Learn about winter wildlife, birds, trees and more.

- Winter Wildlife Walk**
Saturday 28th January 11-12.30pm
- Signs of Spring Nature Hunt**
Saturday 18th February 10.30-12.30pm
- Family Den Building**
Saturday 18th February 1.30-3pm
- Family Morning Bird Walk**
Sunday 12th March 9-10.30am
- Canal Wildlife + Kingfisher Walk**
Sunday 26th March 1.30-3pm

For more details and to book scan the QR code or visit: www.wellesleywoodlands.co.uk

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A TO Z OF 'LET'S CONNECT'
Children's Mental Health Week

A for ATTACHMENT Feel the attachment to friends and family	B for BELONGING Belong to groups where there are common interests	C for COMMUNITY Be part of your community	D for DEPENDABLE Who can you depend on?
E for EXPLORE Explore and make new friendships	F for FRIENDS Make time to see your friends	G for GREETINGS Greet people with a smile and friendly word	H for HELPING Offer your help to anyone that needs it
I for INSPIRING Be inspiring to others	J for JOIN IN Join in with games and activities	K for KINDNESS Show kindness to others always	L for LISTEN Use your listening skills when talking to others
M for MEANINGFUL Make meaningful relationships	N for NAMES Ask people what their names are and use them	O for OPENNESS Be open and friendly to all	P for PLAY Play with lots of different people
Q for QUALITY Spend quality time with others	R for RAPPORT Who do you feel close to?	S for SAFE Spend time with people who make you feel safe	T for TOGETHER Do exciting things together
U for UNITY Who can you unite with?	V for VALUE Value your family and friends	W for WELCOME Always be welcoming to others	X for EXCEL Excel at friendship
Y for YES Say yes to new adventures	Z for ZEALOUS Be an enthusiastic friend		

ELSA

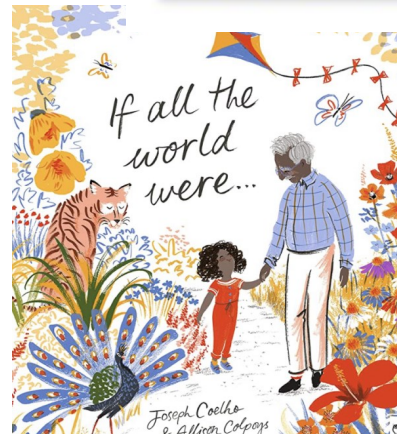
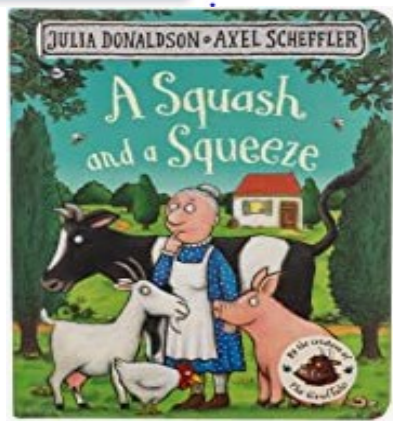
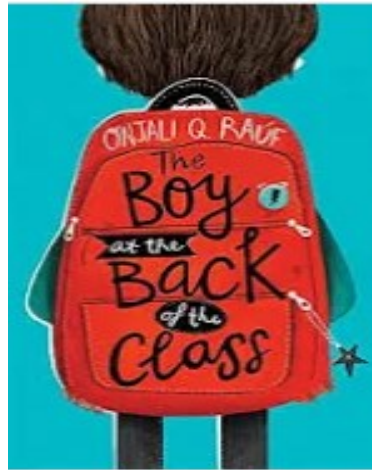
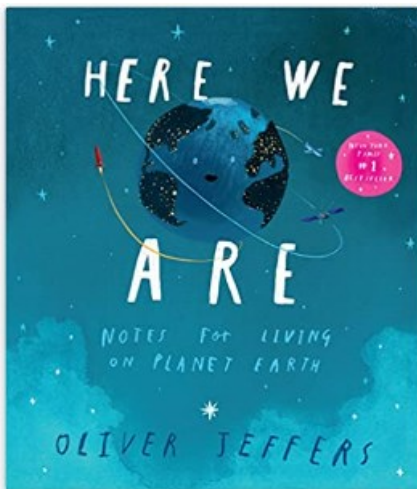
Friendly February



Download the latest calendar at : [Friendly February | Action for Happiness](https://www.actionforhappiness.org.uk/friendly-february)

Reading Together

Reading is a powerful way to connect, not only with each other but with the world around us. Scholastic have written a great article on how to find time within a hectic schedule to read with your child: [How to Use Reading Time to Bond With Your Child \(scholastic.com\)](https://www.scholastic.com/uk/articles/4512/how-to-use-reading-time-to-bond-with-your-child/)



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](#)



Mental Health Workshop for Parents

Stem4's Parent Mental Health Day on 27th January (PMHD) encourages understanding and awareness of the importance of your mental health and its impact on the whole family system. With this year's theme being 'balance', the day aims to get you to take a moment to reflect on the balance you have in your lives and to take positive steps to make change.

Stem4 are inviting you to join their webinar on Thursday 27th January at 7pm. If you are interested in this please register your interest using this Mind Matters link

<https://www.sabp.nhs.uk/our-services/mental-health/mind-matters-surrey/mind-matters>



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