

# PROUD TO SUPPORT



6-12  
FEBRUARY  
2023



## Holy Trinity Roman Catholic Primary School Mental Health Week 2023 Newsletter

This week (6<sup>th</sup>-10<sup>th</sup> February) we are marking Children's Mental Health Week in school. This year's national theme is 'Connection'. We'll be using this week to promote mental health awareness and the importance of making healthy connections with each other. We have a vast array of support in school to help pupils gain a better understanding of how they can look after their own mental health and wellbeing.

### The Safeguarding Ambassador Team



**Mrs Lyle**  
DSL  
AIM Lead



**Mrs Carlile**  
DSL  
Mental Health Lead



**Mrs Phillips**  
Pastoral Support  
Attachment Lead



**Mrs Duckett**  
School Chaplain

The team have been trained to an advanced level on all aspects of safeguarding and promoting wellbeing, the team is available to any pupil, parent or school staff member to discuss any concerns and also to promote wellbeing.

### Mental Health Champions

As Mental Health Champions, there is a very important role to fulfil, including but not limited to the following:

- To ensure all people within our school feel safe, happy and successful.
- To listen to and support pupils with concerns such as wellbeing, bullying and friendships.
- There's no problem too big or too small! They can also help with any concerns you have about lessons.



[www.holy-trinity34.lancsngfl.ac.uk](http://www.holy-trinity34.lancsngfl.ac.uk)  
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## The Importance of Sleep Zzzzzzz

We spend approximately a third of our lives asleep. Sleep is essential for us as we cannot function without it. It is just as important for us as eating, drinking and breathing, is to maintain good mental and physical health. There is no set amount of sleep for everyone, some people need more sleep than others but



research shows that children need at least 10 hours each night to function effectively. However, its not only about how long you sleep for that's important but also how well you sleep as well, as good quality sleep allows us to process information, store memories, and reset our body for the next day.

Good sleep is vital as poor sleep over a long period of time can lead to a number of problems, including poor concentration, lapses in memory, and irritability. It can also increase the risk of poor health, and poor health makes it harder to sleep. Our ability to sleep is controlled by how sleepy we feel and our sleep pattern. One way you can improve your sleep is by setting a reminder on your phone to tell you when to go to bed as it will create a routine for your body to get used to and will make it easier for you to fall asleep.



## Nutrition

Making healthy decisions about what we eat and drink can help both our physical and mental wellbeing.

Our bodies need energy to function and grow. Calories from food and drinks give us that energy. Think of food as energy to charge up your battery for the day. Throughout the day, you use energy from the battery to think and move, so you need to eat and drink to stay powered up. Balancing the energy, you take in through food and drinks with the energy you use for growth, activity, and daily living is called "energy balance." Energy balance may help you stay a healthy weight too.

## Activities in school

- Nurture sessions – Mondays
- Pupil Chaplain – lunchtimes
- Assemblies
- Extra-curricular activities/clubs





## **Exercise - Here are six ways that exercise makes your life better.**

### **1. You sleep better**

There is a strong link between exercising and getting better sleep. If you get better quality sleep then you feel more energised the next day.

### **2. It reduces your stress levels**

Stress can creep up on you, whether it's exam stress, worry about friendships or family responsibilities. Exercise releases 'feel good hormones' produced by your brain into your body that give you a happy feeling, helping you to reduce your stress levels and leaving you better able to cope.

### **3. It makes you physically and mentally stronger**

Exercise not only gives your body a work out, it's good for your brain too.

Brain – Exercise releases a protein that is great for the neurons in your brain; it increases your brain power and improves your memory and concentration.

Body – Exercising increases muscle strength and also bone strength. And, by working out regularly, you're helping your body's immune system to fight off any illnesses.



### **4. It gives you more energy**

Any exercise that gets your heart racing releases 'feel good' endorphins which increase your energy levels, leaving you better able to face the challenges of the day.

### **5. It improves your coordination and balance**

Having good balance and coordination, and core strength, which you can develop through exercise, helps you to have better posture and a stronger spine. You are less likely to experience serious injuries.

### **6. It improves your cardiovascular fitness**

A healthier heart is a happier heart. By increasing your heart rate, you strengthen your heart, increase stamina, improve blood flow, burn fat and improve your body's ability to deliver oxygen and energy to your muscles.

Vigorous exercise is also a great way to lower your blood pressure, which keeps your heart healthy.

