Whitstable Junior School

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Dear Parents and Carers,

Hello and welcome back to **Feel Good Friday**.

It's been quite hectic since we returned to school last Monday for term 3! We hope that you are all safe and well and beginning to feel settled into new routines.

We know that lots of you might be worried about what lockdown will be like in the winter now that those hot summer days feel like a distant memory. With Christmas over, January and February always seem to be more difficult, and now more than ever it is so important that we look after our own well-being.

The mental health charity Mind have provided some amazing tips for taking care of your well-being during these cold winter months in lockdown, and we wanted to share some of them with you!

Natural light
- o Try to plan your day to get the most natural light you can. If you are able to go for a walk, try to do this during daylight hours.
- o Try sitting near a window and take notice of any sights and sounds outside – this could be something your child enjoys!

Winter activities
- o Get cosy with a blanket (or a heap of them!) and warm your hands on a mug of hot chocolate.
- o Test some winter warmer recipes or learn a new skill to do at home – singing, DIY, crafting!

Physical health
- o Plan in advance – lots of us have less energy when the days are darker. If you are able, it might help to make some meals in advance to freeze for days when you are busier.
- o Keep active – we can build exercise into our daily routines without venturing into the cold! Dance to some upbeat music, do an early spring clean, or try some online yoga or fitness videos.

We hope that these ideas will help you and your families feel a little lighter and brighter! Have a lovely weekend and we'll be back next week with another Feel Good Friday letter.

Best wishes

Shannon, Leanne and Ms Collin

The Well-Being Team