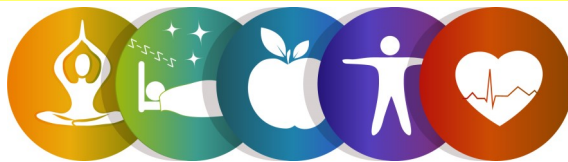




THE AVENUE INFANT SCHOOL

Mental Health & Wellbeing Newsletter

February 2023



**Talking about mental health isn't easy.
But a conversation has the power to
change lives.**

That's why this Time to Talk Day, we're encouraging everyone to make space in their day for a conversation about mental health. Time to Talk Day 2023 is on **Thursday 2nd February**.

We would like to invite all parents and carers at The Avenue to stay for a short time after the school drop off, come and join us in the hall.

This is an relaxed opportunity for parents to get to know one another, chat to either Mrs Bolter or myself.



Everybody is welcome and we look forward to meeting you.

Mrs Fowle

Family Support Worker

Dates for your diary this month

1st - 28th February:

2nd February:

3rd February:

6th - 12th February:

7th February:

17th February:

27th February - 5th March:

LGBTQ+ History Month

Time to Talk Day

NSPCC Number Day

Children's Mental Health Week

Safer Internet Day

Random Acts of Kindness Day

Empathy Week



Let's look out and support one another

Friendly February 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
		1 Send a message to let someone know you're thinking of them	2 Ask a friend how they have been feeling recently	3 Do an act of kindness to make life easier for someone	4 Invite a friend over for a 'tea break' (in person or virtual)	5 Make time to have a friendly chat with a neighbour
6 Get back in touch with an old friend you've not seen for a while	7 Show an active interest by asking questions when talking to others	8 Share what you're feeling with someone you really trust	9 Thank someone and tell them how they made a difference for you	10 Look for good in others, particularly when you feel frustrated with them	11 Send an encouraging note to someone who needs a boost	12 Focus on being kind rather than being right
13 Smile at the people you see and brighten their day	14 Tell a loved one or friend why they are special to you	15 Support a local business with a positive online review or friendly message	16 Check in on someone who may be struggling and offer to help	17 Appreciate the good qualities of someone in your life	18 Respond kindly to everyone you talk to today, including yourself	19 Share something you find inspiring, helpful or amusing
20 Make a plan to connect with others and do something fun	21 Really listen to what people say, without judging them	22 Give sincere compliments to people you talk to today	23 Be gentle with someone who you feel inclined to criticise	24 Tell a loved one about the strengths that you see in them	25 Thank three people you feel grateful to and tell them why	26 Make uninterrupted time for your loved ones
 27 Call a friend to catch up and really listen to them	28 Give positive comments to as many people as possible today	    				

ACTION FOR HAPPINESS **Happier · Kinder · Together**

Children's Mental Health Week 2023 will take place from 6th -12th February 2023.

This year's theme is Let's Connect.

Human beings thrive in communities, and this connection is vital for our wellbeing, 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.

Let's Connect is about making meaningful connections for all, during Children's Mental Health Week - and beyond.

For Children's Mental Health Week 2023, we're encouraging people to connect with others in healthy, rewarding, and meaningful ways.

