



THE VENUE INFANT SCHOOL

Mental Health & Wellbeing Newsletter

May 2023

Mental Health Awareness Week is an important time to reflect on our mental wellbeing and how we can take steps to improve it.

This year's theme is #ToHelpMyAnxiety,.



Anxiety is a normal emotion in us all, but sometimes it can get out of control and become a mental health problem.

Lots of things can lead to feelings of anxiety, including exam pressures, relationships, starting a new job (or losing one) or other big life events. We can also get anxious when it comes to things to do with money and not being able to meet our basic needs, like heating our home or buying food.

Anxiety is one of the most common mental health problems we can face. In a recent survey, a quarter of adults said they felt so anxious that it stopped them from doing the things they want to do some or all of the time. Six in ten adults feel this way, at least some of the time.

Focusing on anxiety for this year's Mental Health Awareness Week will increase people's awareness and understanding of anxiety by providing information on the things that can help prevent it from becoming a problem.

**Feeling
anxious?
You're not
alone.**

On a positive note, anxiety can be made easier to manage.

Click on the link below for more information and support:

[MHAW23-coping-with-anxiety-tips.pdf \(mentalhealth.org.uk\)](https://www.mentalhealth.org.uk/MHAW23-coping-with-anxiety-tips.pdf)

National Smile Month

Between 15th May and 15th June, the Oral Health Foundation will be shining a light on the importance of brushing our teeth.

There are four key messages to promote for better oral health:

- Brush teeth for two minutes, last thing at night and one other time during the day, with a fluoride toothpaste.
- Clean between your teeth every day.
- Cut down how much and how often you have sugary foods and drinks.
- Visit a dentist regularly (at least twice a year).



Let's look out for and support one another

Why we walk to school

Walking is the easiest, cheapest, and most accessible form of exercise, so why wouldn't we encourage more children to do more of it? One in five boys and one in six girls of primary school-age aren't active for at least 60 minutes a day, the level recommended by the Chief Medical Officers to stay healthy and happy. But walking, wheeling, cycling or scooting to school is an easy way to get those active minutes adding up.



Currently less than half of children walk to school, despite most families living within two miles of their closest primary school. Walking is not only good for children's bodies, but also for their mind and mood. The potential mental health benefits of encouraging your children to walk to school from a young age and instilling healthy habits for life are significant.

Walking to school is a great way for children to spend time with their family, friends or carers. Getting active on the journey to school can boost a child's imagination and creativity before the school day even begins, with it being shown that children who walk to school arrive feeling more refreshed, alert and ready to learn.

Plus swapping the school run for a school walk, means there are fewer cars, less congestion and less air pollution outside the school gates. What's not to love? Why not try walking every day and see the difference it can make to your lives?



Meaningful May 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1 Do something kind for someone you really care about	2 Focus on what you can do rather than what you can't do	3 Take a step towards an important goal, however small	4 Send your friend a photo from a time you enjoyed together	5 Let someone know how much they mean to you and why	6 Look for people doing good and reasons to be cheerful	7 Make a list of what matters most to you and why
8 Set yourself a kindness mission to help others today	9 What values are important to you? Find ways to use them today	10 Be grateful for the little things, even in difficult times	11 Look around for things that bring you a sense of awe and wonder	12 Listen to a favourite piece of music and remember what it means to you	13 Find out about the values or traditions of another culture	14 Get outside and notice the beauty in nature
15 Do something to contribute to your local community	16 Show your gratitude to people who are helping to make things better	17 Find a way to make what you do today meaningful	18 Send a hand-written note to someone you care about	19 Reflect on what makes you feel valued and purposeful	20 Share photos of 3 things you find meaningful or memorable	21 Look up at the sky. Remember we are all part of something bigger
22 Find a way to help a project or charity you care about	23 Recall three things you've done that you are proud of	24 Make choices that have a positive impact for others today	25 Ask someone else what matters most to them and why	26 Remember an event in your life that was really meaningful	27 Focus on how your actions make a difference for others	28 Do something special and revisit it in your memory tonight
29 Today do something to care for the natural world	30 Share a quote you find inspiring to give others a boost	31 Find three reasons to be hopeful about the future				

ACTION FOR HAPPINESS

Happier · Kinder · Together