



Kelly Hannaghan - Mental Health and Wellbeing Consultant

Happy New Year everyone! Wishing you all a healthy and happy 2022. The start of the year is always a time of reflection, this has been compounded by the impact of the pandemic that we still very much find ourselves in. Whether you have set new year resolutions or are continuing with some good habits from last year make sure you look after yourself.

New Year, Best You

As we embark on the new chapter of 2022 let's do all we can to ensure we have an exceptional year. We are so resilient - many people have experienced loss, fear, exhaustion, frustration, depression, physical changes and low motivation, yet we still carry on doing our very best. Consider how you can continue to grow, evolve and learn in the coming year.

Here are some suggestions that might help:

- invest in yourself
- learn new skills
- lend your time to others
- embrace confidence
- start journaling
- celebrate the good



Topics covered in this issue:

- New Year, Best You
- Pupil Wellbeing
- Mental Health and Wellbeing Conference
- Staff Wellbeing
- Yoga Beyond the Mat
- Support for Senior Mental Health Leads
- Community Wellbeing
- Action for Happiness Calendar
- Wellbeing Book Recommendations
- Soul Food
- Dates for Your Diary

Pupil Wellbeing - Flourishing Futures



Wellbeing is often used as a buzz word in education, but do we really know enough about the true impact of the pandemic on children and young people's mental health? We have seen a sharp increase in young people experiencing anxiety related issues and low mood that can often lead to symptoms of depression.

We are currently leading on the Wellbeing for Education Return Programme on behalf of Kent County Council and have a menu of funded training available to help support the people in your communities. You can secure your funded places using the links below.

Developing a Whole School Approach for Wellbeing	01/02/2022	Zoom course
Strategies to Effectively Measure and Monitor Pupil Wellbeing	22/02/2022	Zoom course
Wellbeing Buddy Training to Help Pupils Understand Emotions	16/03/2022	Zoom course
Building Meaningful Wellbeing Programmes to Support Staff Wellbeing	21/03/2022	Zoom course
How to Develop Parent/Carer Engagement Strategies for Positive Home School Links	29/03/2022	Zoom course



HM Government

Wellbeing For Education Return

**Mental health and wellbeing:
Learning from the pandemic**



Mental Health and Wellbeing Conference 2022

Creating Brighter Futures for Young People in Education

The Ashford International Hotel Thursday 24 February

Good mental health and wellbeing has become increasingly important for children and young people to flourish in life and learning. **The Education People's Mental Health and Wellbeing Conference** for schools is going hybrid on Thursday 24 February. We would love for you to join us whether you're looking for new ideas, a fresh vision for your school or developing strategies and toolkits.

Book now [either online](#) or [face to face](#) for a full day of presentations and workshops delivered by leading experts and practitioners. Benefit from proven strategies and resources to make a positive difference to your school.

Mental Health and Wellbeing Conference 2022



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Thursday 24 February 2022 - The Ashford International Hotel

To receive the latest blog posts and newsletters from the **Mental Health and Wellbeing Team** please update your preferences in your The Education People website account.

Not sure how to do this? We've created a **'How To' video** to walk you through the process:

<https://www.theeducationpeople.org/blog/how-to-register-to-receive-blog-and-newsletter-notifications/>



Staff Wellbeing - Putting People First

Do you find yourself often waking up thinking 'how am I going to wrestle my to-do list today?' Below are some handy tips to manage your workload with organisation and productivity tools.

Takeaway Tips

- Break tasks down into smaller manageable chunks.
- Take regular [Brain Breaks](#). Visit this website for ideas on activities for stimulating engagement and enhancing teacher-student relationships.
- Move your body more! Sitting in one place plays havoc with your body. Try this 30 minute exercise routine by Miranda Esmonde-White from YouTube to support your [connective tissues](#).
- Try some of the websites listed below for help with time management and organisation.



BULLET JOURNAL

[Bullet Journaling](#) contains sections to: log daily to-dos, keep a monthly or weekly calendar, jot down notes, track both physiological and mental health, and record both short- and long-term goals.



Trello

[Trello](#) helps teams collaborate, manage projects and reach new productivity peaks. From high rises to the home office, the way your team works is unique - accomplish it all with Trello.



wakelet

[Wakelet](#) - save your biggest inspirations, showcase your finest work, and plan that holiday of a lifetime, all on one platform, completely free.



todoist

[Todoist App](#) gives you the confidence that everything's organized and accounted for, so you can make progress on the things that are important to you.



G

[Google Lists](#) capture what's on your mind. Add notes, lists and photos to Google Keep. Pressed for time? Record a voice memo and Keep will transcribe it so you can find it later.



WorkFlowy
Organize your brain.



[Workflowy App](#) is a zoomable list that provides unprecedented flexibility in organising your ideas.

Yoga Beyond the Mat

We currently live in a fast-paced world when we often find ourselves thinking about the future, rather than being in the present moment. Try to focus on yourself and feel grounded.

Yoga offers many physical benefits including increased flexibility, increased muscle strength and tone, improved respiration, energy and vitality and increases self-esteem.

“Remember it’s not about being good at something, it’s about being good to yourself.”

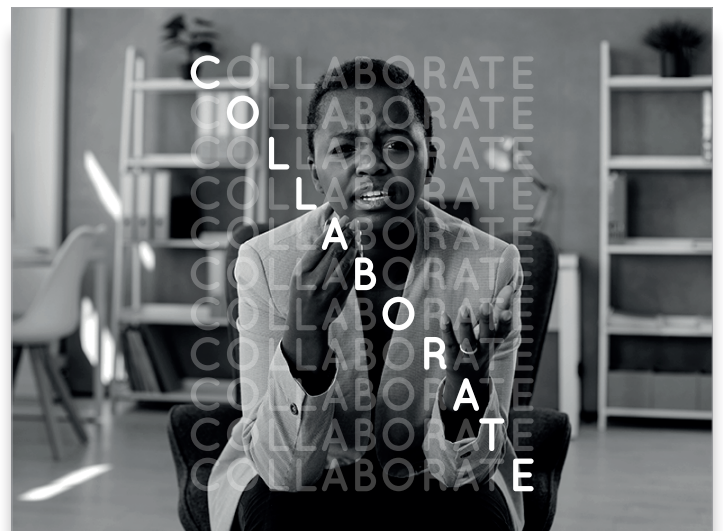
Why not give yoga a try? [Yoga with Adriene](#) on YouTube has over 10 million subscribers and her mission is to connect as many people as possible through high-quality free yoga videos. She welcomes all levels, all bodies, all genders and all souls.



Support for Senior Mental Health Leads

It’s vital that senior mental health leads have the knowledge and support through high quality training to fulfil their roles. Within The Education People I have set up a collaborative space for the people in these roles to feel supported and empowered in their role.

To secure your invitation to the next online meeting on 10 February 2022 and to receive regular mental health and training updates please complete our [Wellbeing Lead Network Form](#).

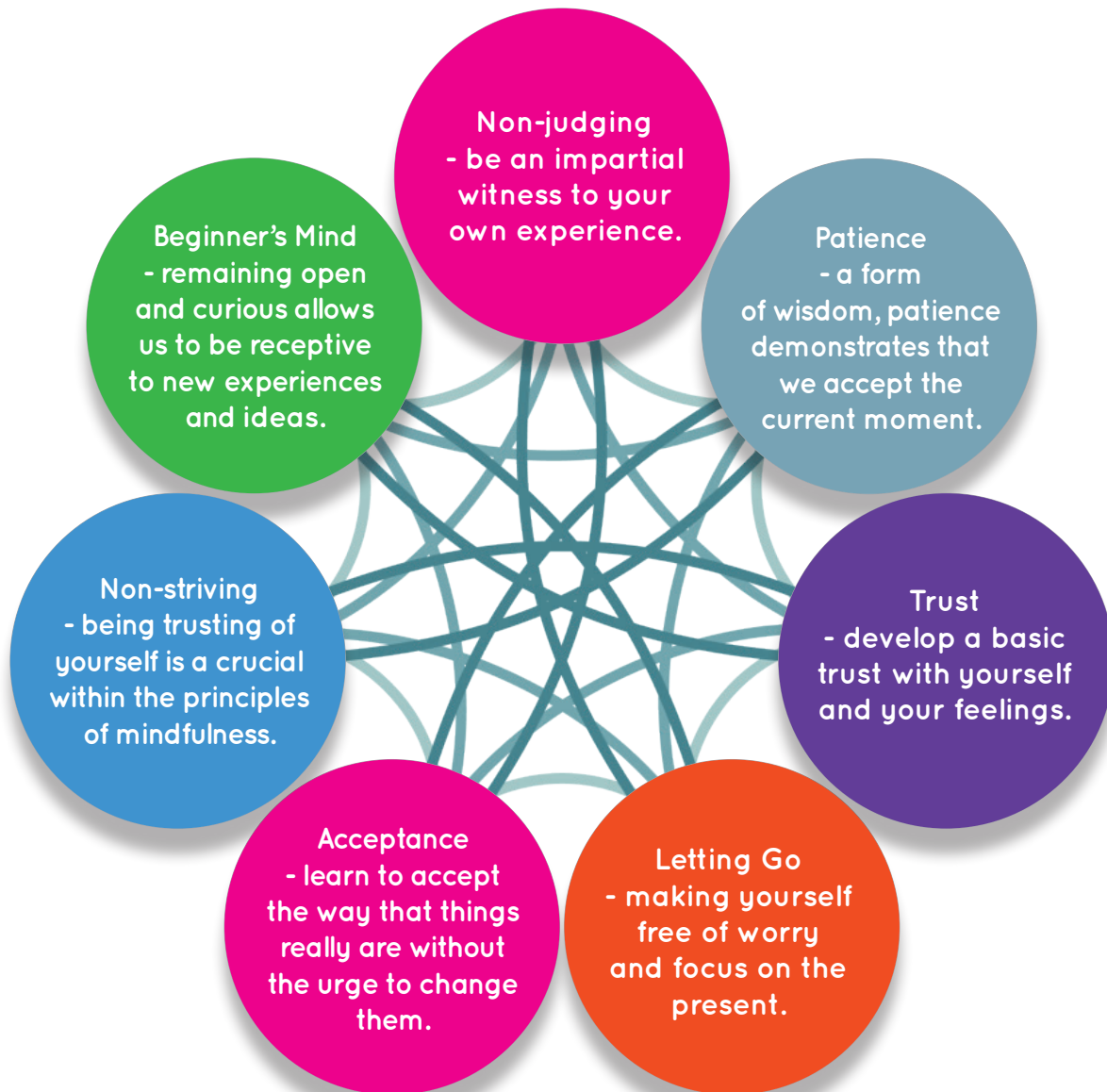


Community Wellbeing - Stronger Together

The Magic of Mindfulness

Mindfulness is about training your mind to focus on the present moment without judging thoughts and sensations. If that seems difficult, think about a time when you have found yourself engrossed in an activity, such as dancing, listening to music, or painting, anything that allows you to become absorbed in it.

Below are the seven principles of mindfulness.



Check out the free mindfulness resources at [Mindful.Org](https://www.mindful.org) to begin your mindfulness journey.

Plants for Wellbeing



Aloe Vera and **Jasmine** are great picks for bedroom houseplants. Aloe Vera produces oxygen at night to help combat insomnia and improve sleep quality. The scent of Jasmine can help reduce anxiety levels to help you drift off.



Action for Happiness – Happier February 2022 Calendar

Action for Happiness create monthly calendars that are packed with actions you can take to help create a happier and kinder world.

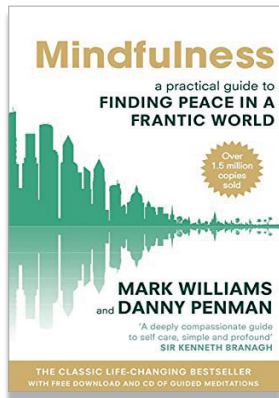
You can download the calendars from the [Action for Happiness website](#)

Friendly February 2022

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 Organise a virtual 'tea break' with a colleague or friend	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

The Wellbeing Library Book Recommendation



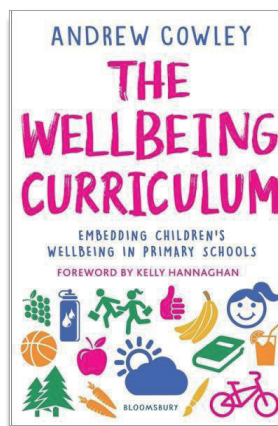
Mindfulness: A Practical Guide to Finding Peace in a Frantic World

Mark Williams and Danny Penman

Mindfulness: A Practical Guide to Finding Peace in a Frantic World has become a word-of-mouth bestseller and global phenomenon. It reveals a set of simple yet powerful practices that you can incorporate into daily life to break the cycle of anxiety, stress, unhappiness and exhaustion. It promotes the kind of happiness that gets into your bones and allows you to meet the worst that life throws at you with new courage.

The Wellbeing Curriculum: Embedding Children's Wellbeing in Primary Schools

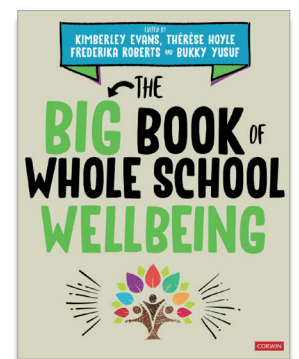
Andrew Cowley



This is the ultimate guide to help primary schools develop a practical principled and values-driven wellbeing curriculum for their pupils.

The Big Book of Whole School Wellbeing

Bukky Yusuf, Frederika Roberts, Kimberley Evans, Therese Hoyle and 22 contributing authors



A valuable book for anyone wanting the necessary tools and strategies to navigate your way through the changing educational landscape.

Soul Food - Fuel for the Body and Mind



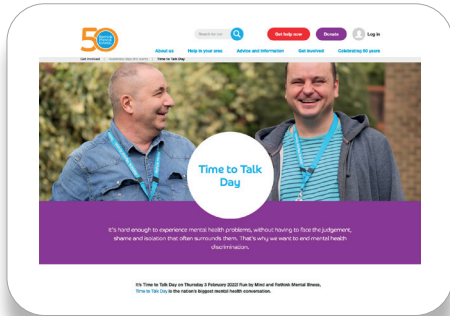
Preparing healthy lunches can be a chore for many families. Whether squeezing it in before the school run in the morning or before bed on a busy midweek evening it can feel like yet another thing to add to your to-do list.

Below are some great ideas for creating a balanced lunch box for you and your family.

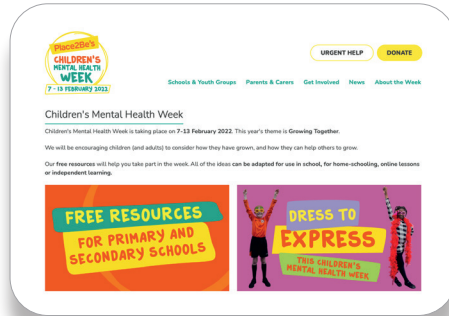
- **The lunch box style** - your child may have an issue with their lunch container – they might prefer a brown paper bag. Try adding a simple personal message in the lunch box.
- **Boredom** - try to pack a different lunch every day. For younger children, cut the sandwiches in different ways to add interest: for example, triangles, squares or strips. You could even use one slice of white and one slice of brown to make a 'zebra' sandwich.
- **Too dry** - if they say the filling is too dry, try leaving a sandwich uncut. Some fillings like dips or peanut butter may stay fresher this way. If your child's appetite seems small, offer smaller servings - half a sandwich might be more appropriate than a whole one.
- **Fiddly and sticky** - make sure the foods are manageable and easy to eat. Some children are put off by fiddly packaging or don't like getting sticky hands. Fruit can be made easier to eat (such as removing orange peel or cutting a kiwifruit in half) and include a spoon in the lunch box.
- **Make other meals count** - if your child hardly eats anything from their lunch box despite your best efforts try to at least ensure they have a nutritious breakfast and dinner. Trust that your child will eat when hungry.

For ideas on easy ways for you and your family to eat better and move more why not visit the NHS [Healthier Families](#) website.

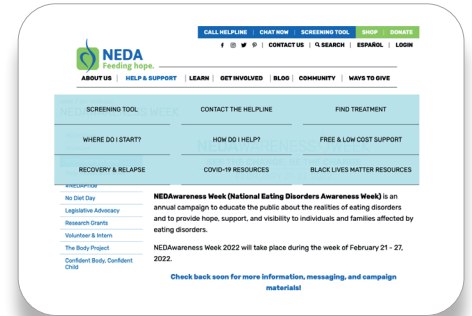
Dates For Your 2022 Diary



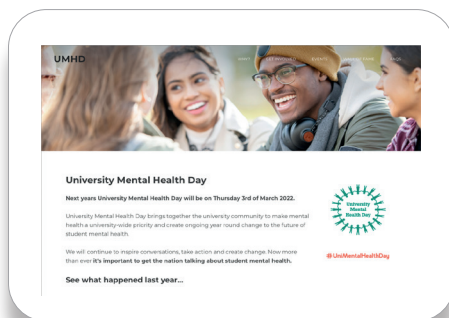
3 February is Time to Talk Day



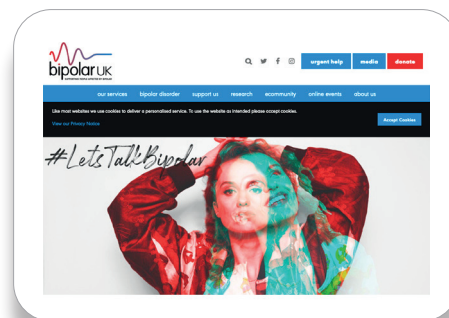
7 to 13 February is the Children's Mental Health Week



28 February to 6 March is the Eating Disorders Awareness Week



3 March is University Mental Health Day



30 March is World Bipolar Day

Get in Touch

For further information please contact me or visit our website.

Email: kelly.hanaghan@theeducationpeople.org

Tel: 07947 550977

Web: www.theeducationpeople.org/mentalhealth_wellbeing



Better. Together.

**THE EDUCATION
PEOPLE**