



Wellbeing at Newstead Wood School

Newsletter May 2024

Mental Health Week

Next week the UK will be celebrating Mental Health Week, which is a time where organisations, communities, and individuals come together to raise awareness about mental health and promote mental well-being with the intention to reduce stigma and encourage people to talk about their mental health.

There has been significant progress in increasing awareness of the prevalence of mental health issues. However society still thinks mostly about improving our mental health at the point of crisis, rather than considering that looking after our mental health should be a habit, as many of us intend with our physical health.

The link between our mental health and our physical health is a topical one, as it is this year's theme for Mental Health Week. The impact of even the simplest form of exercise is unparalleled, with benefits including a reduction of stress, a release of serotonin and dopamine which can regulate moods and promote feelings of wellbeing, better self-esteem, increased energy, and better cognitive function such as memory. We invite you to celebrate mental health with us by finding time to incorporate movement in your family's daily routine.

Exam Time

We are proud to have a student cohort who are consistently keen to achieve well and do their best. The exam period naturally comes with an increase in anxiety, and we want to encourage our students to ensure that they are still maintaining a balance of rest and things that they enjoy doing. Please see attached to this newsletter some resources from Bromley Y, in which there is a helpful resource to enable parents and carers to pick up on indicators that the typical healthy exam anxiety is becoming something unhelpful. Consider this diagram depicting helpful stress (eustress) in which we achieve our best.



Please remember you can get in touch with me if you are concerned about your child:
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Miss Norris
Director of Safeguarding and Wellbeing