

# Codnor Community Primary School



## Newsletter December 2025



### Key Dates

Brew Monday...19th January

Children's Mental Health Week...9th-15th February

Random Acts of Kindness Day...17th February



### Top Tips for Winter Wellbeing

#### Eat Well

As the weather turns colder, it can be tempting to comfort eat the wrong sorts of food. Try to stick to healthy food packed with the nutrients you need to stay well and fight off the winter germs. The odd treat now and then is fine, though!

#### Keep Moving

Physical activity is great for our overall wellbeing, including our mood. Find an activity you enjoy that you can do during the winter, whether that's cycling in the rain or yoga in your warm, dry living room.

#### Stay Connected

The winter months can feel lonely for some and many people tend to stay indoors as it gets colder and darker. Connecting with others is vital for positive mental wellbeing so make those connections in different ways to suit the season. Chat on the phone, send someone a card or join an online group.



**On Brew Monday, the third Monday in January, Samaritans reminds everyone to reach out for a cuppa and a catch-up with the people you care about.**

Today's the day. The day you put the kettle on. The day small talk turns into big talk. The day you break open the biscuits and the taboos.

The day you remind everyone how good human connection feels. How easy it is. And what a difference it can make.

**If the festivities start to feel a little overwhelming and you're in need of some support, please don't hesitate to contact one of the following:**

YoungMinds Parent Line: 0808 802 5544

Mind: 0300 102 1234



Samaritans: 116 123 (24 hours)

Family Action UK: 0808 802 666

Text FAMILY ACTION: 85258



We would like to wish you all a very Merry Christmas and a Happy New Year!



### Chuckle Away The Chills

What are little snowmen called?

Chill-dren!

What did the sea say to Santa?

Nothing...it just waved!

What's an elf's favourite type of music?

Wrap!

