

Codnor Community Primary School



Newsletter December 2023



Key Dates

Time to Talk Day...1st February

Children's Mental Health Week...5th-11th February

Safer Internet Day...6th February



Christmas, New Year and the festive season can be a wonderful time of celebration and connection with the people we love. For some of us, it can also be stressful and trigger difficult emotions. Here are a few things you can do to look after your mental wellbeing at this time of year.



Terrific tips for wonderful wellbeing at Christmas!

Stay active: Physical activity can really help with keeping your mood positive—whether you like walking, cycling or playing football.

Not feeling festive? That's okay! There can be all sorts of reasons why some of us don't feel festive. It's okay to feel how you feel—you're not the only one!



Get enough sleep: Sleep is vital to our wellbeing. Try not to skimp on it...even on Christmas Eve!



Give yourself space: If it's all getting a bit hectic, give yourself some space. Take time out to be in nature, listen to some of your favourite music, read a book, or just be present in the moment.

Aim for regular meals: Keeping a healthy routine with plenty of water, fruit and veg (if you can) will help to keep stress at bay. Try whatever is realistic for you and be kind to yourself if you have 'off' days.

Stay supported: It's easy to feel lonely at Christmas when we're bombarded with images of happy families. Stay connected to your sources of support.



For over 25 years, the Charlie Waller Trust have been supporting families with their mental health. To learn more about their work follow them on Facebook, Twitter or Instagram or call 01635 869754



Need a gift for the person who has everything?

Easy to make Biscoff Fudge is ideal—the hardest part is not keeping it for yourself!



Ingredients:

180g white chocolate

60g milk chocolate

A can of condensed milk

125g Biscoff spread (smooth or crunchy)

Method:

Line an 8 inch square baking tin with baking paper

Pop all the ingredients in the slow cooker, stir and set to medium

Give it a good stir every 10-15 minutes for an hour—by this time the fudge should be thick and yummy looking

Pour the fudge into the tin, flatten the back with a spoon and sprinkle with a few Biscoff crumbs

Leave in the fridge for 4-6 hours or overnight

Slice into 24 yummy bites



CHRISTMAS TREE BREATHS

In this exercise, practice tracing the shape of the tree with your finger whilst breathing in and out. Remember to think of something you are good at when you land on the star at the end.

Helpful websites:

www.youngminds.org.uk

www.mind.org.uk

www.samaritans.org

www.charliewaller.org

