

# FEEL BETTER Newsletter

Volume 1  
Issue 1  
2021



WELL-BEING IS A PRIORITY AT LEICESTER GRAMMAR JUNIOR SCHOOL

## TAKE NOTICE

### An introduction from Mrs Strong

Welcome to our first mental health and well-being newsletter!

At LGJS, we are committed to supporting the well-being and mental health of all our children, staff and parents and we fully recognise that well-being, physical and mental health are all vital to successful learning.

The aim of this newsletter is to provide support, tips and resources to support the whole school community. If you have any suggestions with themes for subsequent newsletters or would like to recommend a resource we would welcome your suggestions.

*Please email them to:*  
[strongr@leicestergrammar.org.uk](mailto:strongr@leicestergrammar.org.uk)



### IN THIS ISSUE

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# WHAT IS WELL-BEING?



## WHAT IS WELL-BEING?

**Well-being (noun) - the state of being comfortable, healthy or happy.**

This is the Oxford English Dictionary definition of well-being, but what does it actually mean? The short answer is... well, there is no short answer! What one person feels is their perfect state of well-being is probably completely different from that of their neighbour. This stands to reason because we all have different goals, ambitions, experiences and personalities.



The world we live in is complex, particularly at the moment. Understanding the requirements of wellness and the factors that influence this state, whether as an individual, community or nation, can help us to work together to improve the quality of our lifestyles. There is a general agreement that there are five ways to improve our overall wellness:

**Connect** - talk and listen to others and always live in the moment.

**Be active** - do what you can and enjoy what you do.

**Take notice** - remember the simple things that give you joy.

**Keep learning** - embrace new experiences and seek new opportunities.

**Give** - give people your time, your words and your presence.

*The next few newsletters will be devoted to these themes.*

# TAKING NOTICE



## TAKING NOTICE

Reminding yourself to 'take notice' can strengthen and broaden awareness.

Studies have shown that being aware of what is taking place in the present directly enhances your well-being and savouring 'the moment' can help to reaffirm your life priorities.

Heightened awareness also enhances your self-understanding and allows you to make positive choices based on your own values and motivations.

Take some time to enjoy the moment and the environment around you.



## PHOTOGRAPHY COMPETITION

### TAKE NOTICE OF YOUR ENVIRONMENT

We would like to offer all pupils, staff and parents the chance to take part in a photography competition called '**Take Notice**'.

The brief is broad - go out, explore and take a photograph of what you notice.

Please send your entries to [takenotice@leicestergrammar.org.uk](mailto:takenotice@leicestergrammar.org.uk)  
The closing date for entries is February 25th 2021

The winning entries will receive a small prize and will be published in subsequent newsletters and The Review magazine.



# TAKE NOTICE OF YOUR FAMILY



## TAKE NOTICE OF YOUR FAMILY

For most parents, it would be much easier and simpler to forget about family meals. Jobs, home-schooling, children, all contribute to families being very busy, often necessitating parents eating on the run or family members eating at different times.

Although family meals may be viewed by some as just another chore at the end of a tiring day, the benefits of sharing a meal at the end of each day cannot be measured by calories alone. When a family sits down together, it helps them handle the stresses of daily life and the hassles of day-to-day existence.



Here are three suggested questions for you to use during a family meal. Each family member should try to answer each question.

**What did someone do today to make you happy today?**

**What did you do to make someone else happy?**

**What have you learned today?**

**The questions should lead to lots of discussion and shared memories and experiences. (As an added bonus, eating together tends to promote more sensible eating habits too.)**

# TAKE NOTICE AND MAKE A CHANGE



## TAKE NOTICE & MAKE A CHANGE

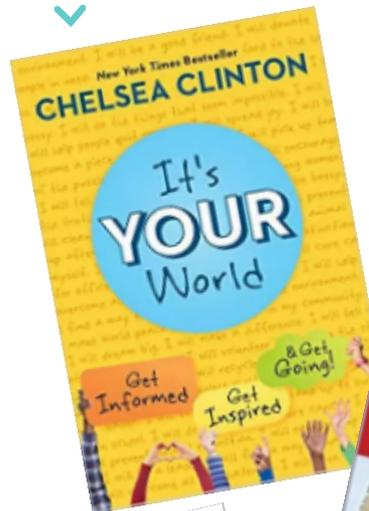
[www.bbc.co.uk](http://www.bbc.co.uk) PSHE link

This short clip (5 minutes) could lead to children (and adults) taking notice and making a change. Look around your local environment with fresh eyes. Take notice, what can you do to make change for the better? Could you pick litter when you are out on your walk? Could you help a neighbour? Could you help your sibling? Could you make a drink for your parents?

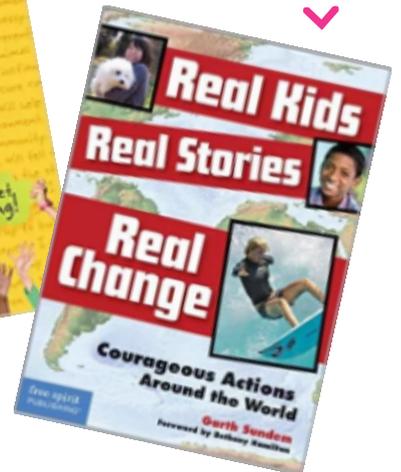
**We challenge you to take notice and make a change.**

## RECOMMENDED READS

Year 6 +



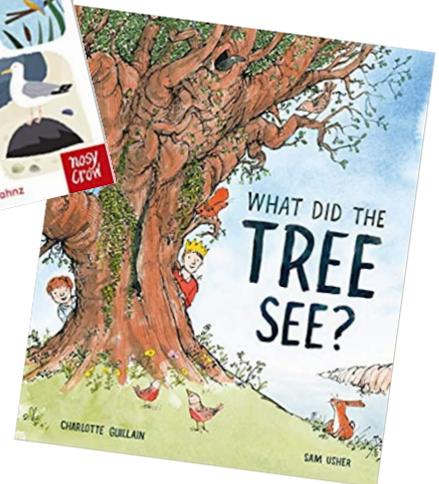
Year 5 +



< All age groups with adult support



Ages 5+ >



'What did the tree see?' is a newly published book which takes notice of things through the eyes of an oak tree, right up to the current pandemic. The illustrations are beautiful.





# TAKING NOTICE AND TAKING CONTROL



## TAKE NOTICE & SMILE

The **NHS rainbows** in windows became a symbol of hope and unity and some neighbourhoods have continued this with a '**well-being wave**'. The wave consists of family members displaying brightly decorated hands in their windows beneath the title 'a well-being wave'. We would encourage you to take part in this. As you take your daily exercise you may well spot other 'waves' in windows.

Please send a photo of your 'wave' to [woodk@leicestergrammar.org.uk](mailto:woodk@leicestergrammar.org.uk)

