

May 2024 - Looking After Your Wellbeing

Welcome to another of our 'Mental Health & Well-Being for All' sheets. The aim of these sheets is to help sign-post and look at strategies for managing our mental health and well-being. If you can take the time to read through this sheet with your child each month that would be great! The purpose of these sheets however is NOT just about our student's well-being, it is about each and every member of the Dormston Communities Well-being. If you come across anything that you think may be useful to share or have found any really good mental health strategies or signposts please feel free to email kotton@dormston.dudley.sch.uk. We are not Mental Health experts, but hopefully by learning and working together on this subject we could really make a difference to the Dormston Community!

Student Mental Health Ambassadors UPDATE

Letters to the parents/carers of our NEW Student Mental Health Ambassadors will be going out shortly which will hopefully tell parents/carers a little bit more about the important role they will be taking on in school. Almost all the Mental Health Notice Boards are now up and running. Mrs Elliott will be meeting with Student Mental Health Ambassadors again shortly to discuss their next steps. Heads of House will shortly be going around classrooms awarding our ambassadors with their green mental health badge following the completion of their mission to get their Mental Health Notice Boards up and running! This will help make them easily identifiable to other students.



Meaningful May 2024 Calendar





Please see our **Meaningful May 2024 Calendar**. If you want to know more why not take a look at this video <https://www.youtube.com/watch?v=4Y81pQ3FYGk>

Top 3 Tips for a Meaningful May 2024

Meaning is the sense that we matter and can make a difference and can be found in really small things in the tiny everyday moments of our life.

- Notice the meaningful moments that you experience each day either as they happen or at the end of each day;
- Reflecting on some of the tougher times and how these they have contributed to a sense of meaning (e.g. friendships);
- Do something that is a hobby or a passion once a week and notice how it makes you feel!

Meaningful May 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
 6 Look for people doing good and reasons to be cheerful	 7 Make a list of what matters most to you and why	1 Do something kind for someone you really care about	2 Focus on what you can do rather than what you can't do	3 Take a step towards an important goal, however small	4 Send your friend a photo from a time you enjoyed together	5 Let someone know how much they mean to you and why
13 Find out about the values or traditions of another culture	14 Get outside and notice the beauty in nature	8 Set yourself a kindness mission to help others today	9 What values are important to you? Find ways to use them today	10 Be grateful for the little things, even in difficult times	11 Look around for things that bring you a sense of awe and wonder	12 Listen to a favourite piece of music and remember what it means to you
20 Share photos of 3 things you find meaningful or memorable	21 Look up at the sky. Remember we are all part of something bigger	15 Do something to contribute to your local community	16 Show your gratitude to people who are helping to make things better	17 Find a way to make what you do today meaningful	18 Send a hand-written note to someone you care about	19 Reflect on what makes you feel valued and purposeful
27 Focus on how your actions make a difference for others	28 Do something special and revisit it in your memory tonight	22 Find a way to help a project or charity you care about	23 Recall three things you've done that you are proud of	24 Make choices that have a positive impact for others today	25 Ask someone else what matters most to them and why	26 Remember an event in your life that was really meaningful
		29 Today do something to care for the natural world	30 Share a quote you find inspiring to give others a boost	31 Find three reasons to be hopeful about the future		

ACTION FOR HAPPINESS

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May's Mental Health Message



Mental Health Awareness Week, which this year is observed from 13th May 13th to 19th May 2024, is a yearly appointment promoted by the Mental Health Foundation as “an ideal time for us all to think about mental health, tackle stigma, and find out how we can create a society that prevents mental health problems from developing and protect our mental well-being”

The theme of Mental Health Awareness Week 2024 is “Movement: Moving for Our Mental Health” and it emphasises the powerful connection between physical activity and mental well-being.

As the Mental Health Foundation puts it “Being active is important for our mental health.”

Movement, in this context, encompasses any form of activity, such as exercise, walking, yoga, or dancing. In fact, engaging in regular physical activity has been shown to promote mental health by reducing stress, improving mood, and boosting overall mental well-being.

By encouraging movement, you can support your child/ren in enhancing their mental health and resilience, both inside and outside of school.

Next week we will be discussing good mental health and well-being in assemblies and reminding students about the importance of being active during Physical Education lessons.

