

Spring Term - February 2025

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 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!

Friendly February 2025 Calendar

Please see our **Friendly February 2025 Calendar**. If you want to know more, why not take a look at this video [Connection is key to our wellbeing. Friendly February with Vanessa King](#)

Top 3 Tips for a Friendly February

Here are 3 tips for a Friendly February:

1. Sending voice messages rather than texts/emails to stay connected as the sense of connection and warmth is greater through using our voice;
2. Think of doing some tiny acts of kindness that you think can't possibly make a difference;
3. Vividly think about an old friend or family member who you haven't seen for a long time and think about reconnecting with them.

Friendly February 2025

MONDAY



3 Do an act of kindness to make life easier for someone

10 Look for good in others, particularly when you feel frustrated with them

17 Appreciate the good qualities of someone in your life

24 Tell a loved one about the strengths that you see in them

TUESDAY



4 Invite a friend over for a 'tea break' (in person or virtual)

11 Send an encouraging note to someone who needs a boost

18 Respond kindly to everyone you talk to today, including yourself

25 Thank three people you feel grateful to and tell them why

WEDNESDAY



5 Make time to have a friendly chat with a neighbour

12 Focus on being kind rather than being right

19 Share something you find inspiring, helpful or amusing

26 Make uninterrupted time for your loved ones

THURSDAY



6 Get back in touch with an old friend you've not seen for a while

13 Smile at the people you see and brighten their day

20 Make a plan to connect with others and do something fun

27 Call a friend to catch up and really listen to them

FRIDAY



7 Show an active interest by asking questions when talking to others

14 Tell a loved one or friend why they are special to you

21 Really listen to what people say, without judging them

28 Give positive comments to as many people as possible today

SATURDAY

1 Send a message to let someone know you're thinking of them

8 Share what you're feeling with someone you really trust

15 Support a local business with a positive online review or friendly message

22 Give sincere compliments to people you talk to today

SUNDAY

2 Ask a friend how they have been feeling recently

9 Thank someone and tell them how they made a difference for you

16 Check in on someone who may be struggling and offer to help

23 Be gentle with someone who you feel inclined to criticise



Spring Term 2 - 2025 - Mental Health Message

"Walking is man's best medicine." - Hippocrates

Throughout the month of January, we are bombarded with advertisements and information about exercise. There seems to be more choices than ever before as to what we can do to improve our physical health and mental well-being, and the sheer amount of options can itself be overwhelming. Often overlooked though, is an activity that is readily available to the majority of us. The humble walk.

The sedentary lifestyle is having a huge negative impact on almost every area of our society, and the lack of steps is a big part of this. 120 years ago, the average worker walked between 8 - 10 miles a day. Even further back in our time as hunter gatherers the average person is thought to have spent between 13 - 18 miles a day, 7 days a week on their feet. We are a species built to walk.

In his book 'In Praise of Walking' Professor Shane O'Mara presents well-referenced evidence for the benefits of walking, including improved cognition, creativity, and mood. He explains the effects of walking on increasing blood flow to the brain and in reducing measured body fat, emphasising the importance of regular walking and attention to diet.

He speaks out against people who don't see walking as real exercise. "*This is a terrible mistake,*" he says. "*What we need to be is much more generally active over the course of the day than we are.*"

To get the maximum health benefits, he recommends that "*speed should be consistently high over a reasonable distance – say consistently over 5km/h, sustained for at least 30 minutes, at least four or five times a week.*"

Sedgley is an area that does have a variety of places and paths that offers great variety for those wanting to take a stroll. So, whether it's setting out of the house a bit earlier to increase the distance to school, or packing supplies and heading off for a few hours exploring the local countryside, every extra step taken is a good one.

Some information about walks in the local area.

Walks around Baggeridge Park

<https://www.sstaffs.gov.uk/sites/default/files/2023-02/2588%20Baggeridge%20Country%20Park%20Trails%202018.pdf>

The South Staffordshire Railway Walk

https://www.thebumpercrew.com/south-staffordshire-railway-walk/#South_Staffordshire_Railway_Walk_Route

Best wishes.

Mr Plant

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