

## This month's wellbeing edition is about 'New Beginnings - Back to School'

A new school year marks a time of fresh beginnings and opportunities. It's a chance to set new goals, embrace new challenges, and create lasting memories. The excitement of meeting new friends, discovering new interests, and learning from inspiring teachers fills the air. Each day is an opportunity to grow, both academically and personally. A new school year is not just about textbooks and exams; it's about building resilience, fostering creativity, and developing a sense of community. As we step into this new chapter, let us embrace it with optimism and determination, ready to make the most of every moment.



## Top Tips to ease into the Year

- **Establish Routines:** Gradually adjust your child's sleep schedule to match the school timetable.
- **Organise Supplies:** Gather and label all necessary school items.
- **Create a Study Space:** Set up a quiet, distraction-free area for homework and studying.
- **Set Goals Together:** Discuss and set realistic academic goals with your child.
- **Promote Healthy Habits:** Ensure your child eats nutritious meals, exercises regularly, and stays hydrated.
- **Mental Preparation:** Encourage relaxation techniques and positive thinking to boost your child's confidence and reduce anxiety.



## Is your child anxious about going back to school? Check out this useful website - click here

It's normal for children and young people to feel worried about something that's happening at school - for example, when starting a new school or during exams. Sometimes, however, school can become challenging, stressful or distressing over a much longer period of time.

If your child is feeling anxious about school, or not able to go, it can be exhausting for both of you. Mornings in particular can become really stressful for the whole family, as you try to juggle your child's feelings alongside the need to get them to school and get on with your other responsibilities such as work. Even if you manage to get your child to the school gate, you might know how difficult they're going to find the day - or know that you'll be facing the same problem tomorrow morning.

If you're in this situation, we've got advice to help you explore what's going on with your child, make changes at school that can help, and find the support you need if your child can't go to school.

### Quote of The month

**"You're off to great places, today is your day! Your mountain is waiting, so get on your way!" - Dr. Seuss, Oh, the Places You'll Go!**



## Book of the month - click here

It's Your Move! is made up of helpful information and advice for children moving schools. Also included are real-life stories of children who are about to make the move and those who have made it in the recent past



## App of the month - Click Here



What is mindfulness?

By Your Headspace Mindfulness & Meditation Experts

You may have heard that mindfulness – the ability to be fully present in the moment – can have numerous benefits, everything from decreased stress and sadness to increased levels focus and happiness, according to general mindfulness research.

But what exactly is mindfulness?

