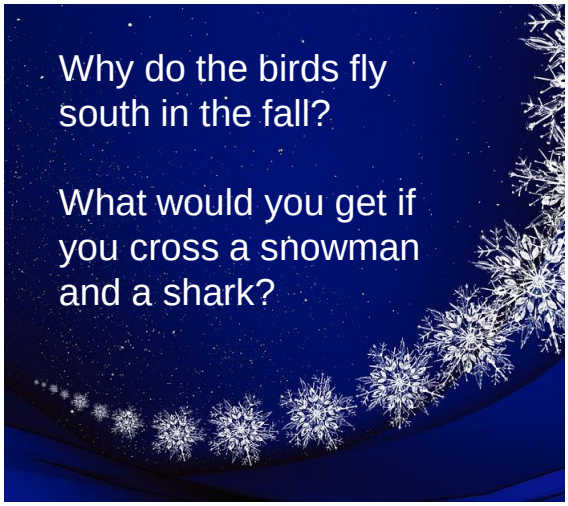
The Hive Wellbeing News

Autumn Issue 2 23/24

Welcome Back! We hope you enjoyed your half term break and feel rested and ready to go. We have lots of exciting days and events coming up this half term and hope that you enjoy the lead up to Christmas.

If you have any ideas for our newsletter or have something that you would like to include in the next issue, please pop into the Hive and we can have a chat.

Joke time



Ask yourself

What makes you happy?

Peaceful picture

Go for a walk, get some fresh air and collect pinecones. They are beautiful! You can paint and decorate them for Christmas decorations.

Five ways to wellbeing

Connect: Phone or text your friends for a chat

Be active: Put on your favourite song and dance

Keep learning: Ask your friends about new podcasts that you could listen too and learn from

Give:: Start making and writing some Christmas cards for friends and family

Take notice: Put down your phone and your gaming controller, spend some time outside and take notice of what's going on around you

Affirmation

While I'm being kind to others – I will remember my feelings matter too.

If you need any support or you have any suggestions/ideas for future editions of this newsletter, please contact Mrs Brown – ebrown@lancing.org.uk

Wellbeing Newsletter

Make a noise about bullying

Anti-Bullying week is 13th – 17th November and this year's theme is Make some Noise! Anti-Bullying week is to encourage you to think about what bullying means to you, how banter can turn into something more hurtful, and what we can do to stop it.

What is Bullying?

When someone says or does something unintentionally hurtful, and they do it once – **That's a mistake**

When someone says or does something intentionally hurtful, and they do it once – **That's mean and unkind**

When someone says or does something intentionally hurtful, and they keep doing it even when you tell them to stop or show them you are upset – **That's bullying**

What should I do?

1) **Remember it's not your fault**
2) **Get help -** talk to someone you trust
3) **Keep a record –** write what is happening down with dates and times
4) **Know your friends –** spend time with them, surround yourself with people who care
5) **Practice standing up for yourself –** Say Stop and grow your confidence
6) **Remember, no one has the right to hurt you**
7) **Seek a place of safety-** walk away
8) **Love yourself -** tell yourself you are amazing and do things you enjoy and make you feel good about yourself
9) **Stand up for others and grow your confidence to** say NO!

Who can I talk to?

Talk to someone who can help you and give you advice; family, friends, a trusted adult, a teacher. There are other ways to get help too.

THE MIX
FREEPHONE 0808 808 4994
www.themix.org.uk

shout 85258
here for you 24/7

ChildLine 0800 1111

Together we can make a difference and stand up against bullying!

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Wellbeing Newsletter

Guinea Pig News

Hi Everyone,

Thank you for taking care of us and being so pleased to see us everyday. Your excitement and smiles make us feel special and loved. We love to visit all the different classrooms and are looking forward to seeing more of you this half term.

Jeff and Nugget

xx

We are enjoying the food treats you are giving us and hope to have some lovely nibbles to look forward to at Christmas. We have heard Mrs Milling, Miss Bennet talking about Christmas treats- Whee Whee.

We love it when you talk to us and tell us about your day. Jeff had an idea and said, he would like to hear a story so if you would like to read to us, please speak to Miss Bennet and Mrs Brown and they may invite you to the Hive to read to us. Whee Whee xx

And finally…

In everything you do remember be proud to be you, treat others how you want to be treated and spread your kindness.

Be Kind, Love Learning and Go out into the world and do good

Joke Answers : It's too far to walk / Frost-Bite

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