

The background features several iridescent, glass-like spheres of varying sizes, each reflecting a spectrum of colors from purple to yellow. These spheres are set against a dark, textured purple background. A large, light green brushstroke shape is positioned on the right side, containing the main text.

# Mental Health Matters

KAPSH WELL-BEING NEWSLETTER - ISSUE 1

SPRING 2023

## Well-being Warriors Update

### Who are the Well-being Warriors?

To support children's mental health and well-being in our school, we have carefully selected a range of pupils (from Years 2 - 6), who have come together to form a strong, empathetic and dedicated team. The children have participated in several training sessions with Mrs Pindolia (the school's Mental Health Lead) based on how they can support their peers. The Well-being Warriors launched their roles to all the pupils during a whole school assembly. They lead some activities, which they thought could help KAPSH pupils to look after their mental health e.g. posting thoughts inside happiness bags.

Congratulations to:

Karanbir (2R), Mishka (2C), Raghav (3V),  
Darsh (3N), Aditi (4V), Vrinda (4N), Pari (5K),  
Kyara (5B), Kaavya (6K) and Freya (6B)

You have demonstrated fabulous leadership so far and we look forward to hearing about more well-being initiatives!



## Pupil Voice

We have been busy interviewing our peers about their thoughts on how we marked Children's Mental Health Week at KAPSH. We asked them: *'What did you enjoy taking part in during Children's Mental Health Week and what impact did this have on your well-being?'*

Check out some of the wonderful, positive responses that we received.

'I loved taking part in the group activities because it gave me the chance to bond with my friends as well as make new friends!'

'The mindfulness colouring really helped me to relax my mind.'

'I haven't been laughing a lot recently, so the Laughology Workshop helped me understand the importance of laughter'

'The happiness bag activity was fun and creative - it will help me remember the positive things in life!'

'I now know that I can take better care of my mental health by laughing, all thanks to the Laughology workshop.'

'We were able to discover everyone's true, inner personalities and not be restricted to our own year groups.'

'I liked the way all of us were able to join in, have fun at laugh during the Laughology Workshop. We had the chance to speak openly with our peers.'

## Children's Mental Health Week

Last half-term, we focused on raising the profile on how we can look after our mental health. We took part in fantastic Laughology workshops, which were led by a trained specialist. She taught us about the importance of laughing and the happy, fuzzy feelings that laughing releases within us. Laughing and having fun can help us to snap out of negative thoughts.

We took part in mindfulness activities, which helped us to feel calm. There are huge benefits to practising mindfulness. It has been shown to decrease stress, anxiety and depression. Mindfulness helps you to connect with yourself, improve sleep, improve concentration and memory.

All classes took part in an activity, which helped us to connect with one another. We made paper chains, played games and danced together! It's important to connect with friends and family - it gives us a sense of belonging and makes us feel supported.

We also expressed ourselves by dressing in our favourite clothes and creating funky hairstyles! It felt good to laugh and have some fun!

Continue to read on to see what some of the classes at KAPSH got up to during Children's Mental Health Week...



# Nursery - Gaura Nitai



We took part in a Young Mindfulness Workshop. Some of the activities included:

- A parachute warm up
- Fun breathing exercises
- Mindfulness games
- Art & craft mindfulness activity
- Child friendly meditation



# Reception Matsya

This week for Mental Health Week the children learnt about different ways to maintain a good body and mind. The children participated in a class discussion sharing their ideas, for example we need to eat healthy food, we need to keep fit by exercising, and we need to have a good rest". We made a made a circle by holding hands together and spoke about how we are the same. Some of the children said, "we are all the same because of our school uniforms", "we are the same because we live in the same area" and "we are the same because we go to the same school".



# Reception Achyutam



In celebration of Children's Mental Health Week, Achyutam spent some time talking about the things that we can do to look after our mind. We played a game called 'pass the hula hoop' and we spoke about what it means to be kind to others. We also had a dress up day and styled our hair in different ways. We talked about how putting on our favourite clothes makes us feel happy.



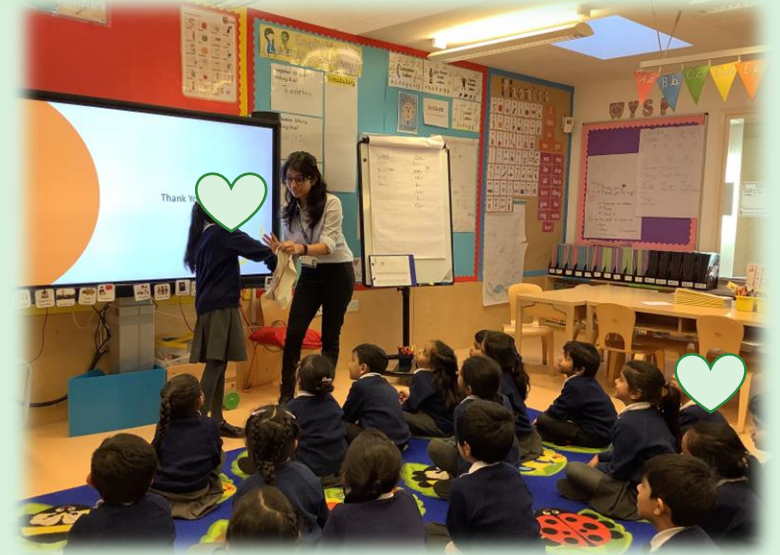
# 1 Keshavam



Connecting with each other through a hula hoop activity.



Laughology Workshop



Nutrition Workshop

# 2 Raam



We played Let's Connect Bingo and connected to our friends in the class. We found out about similarities and differences between us.



Oh no! You caught us laughing!!

Raam class had a lot of joy taking part in the laughing session.



"Our 'Happiness Bag' is full of happy memories. If you run of happiness then come and get one from our Happiness Bag." Says Year 2 Raam.



Look at our funky hair!





# 2 Chaitanya

We played Let's Connect Bingo and connected to our friends in the class.

We also took part in our Laughology workshop focusing on:

Being happy, working in a team and connect with each other in different ways.

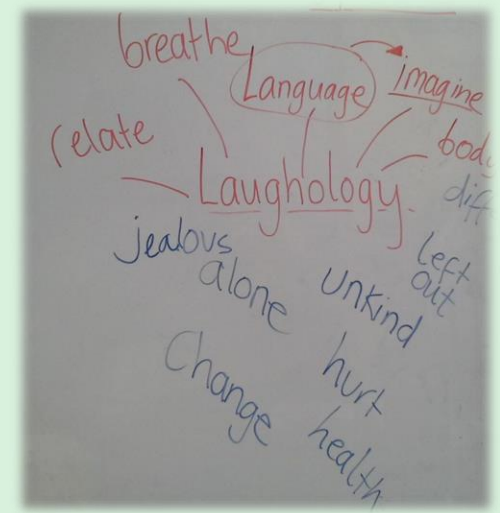
Take a look our us expressing ourselves through our clothes and hair!!



# 3 Varaha



In celebration of Children's mental health week, Year 3 Varaha did lots of activities to boost our well-being. We did some mindfulness colouring as well as made paper chains as a team. We also enjoyed taking part in a Laughology workshop. What a great week!



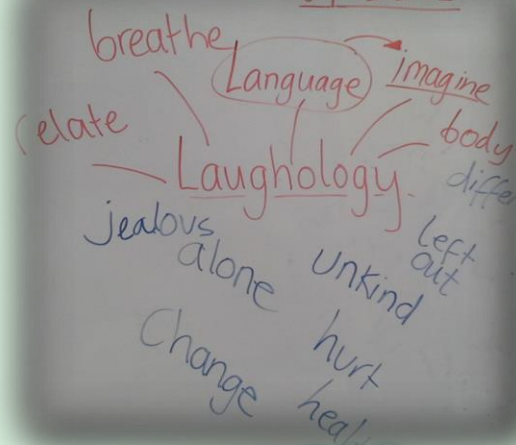
# 3 Narasimha



During Mental Health week, we enjoyed participating in lots of focused activities such as: colouring mindfulness pictures which was very calming and meditative for us because it allowed us to think carefully of the colours we needed to use and the various patterns on each picture that took our minds back to Rangoli patterns.



Finally, we participated in a counting brain gym activity which was much fun. This activity had us laughing and smiling because it helped us to realise how important it is to be able to use both sides of our brain and to keep our focus especially in class work.



We also stood in a circle and spoke about the things in life that brought us happiness, it was lovely listening to each other's happiness story. Next, we took part in a clapping exercise which was fun.



# 4 Narayanam



On Wednesday 8.2.23, we had a Laughology workshop with Danielle. From this workshop, we learnt that Laughology is the study of laughter. When you laugh, your body releases happy feelings, good chemicals in your body, so you are more relaxed. When you laugh, you also study better as it helps you focus more. Sometimes in life, it gets hard to see the joy in everything and stay positive. Things that make us angry in class are- getting hurt, missing someone (death), hearing unkind words, not being heard, when someone takes your things, being ignored, people talking over you, exams and being out of your comfort zone. Sometimes change is hard. These emotions can become physical pain and your body hurts, it freezes and becomes tense. Your muscles clench and the blood stops flowing round your body.

Mindful breathing can help you overcome this as it gives oxygen to the brain. Talking positively to your self can also help - "Come on, you can do this!". She taught us that you can always do a power pose as that is scientifically proven to release happy chemicals. She also taught that we have to remember to always share any problems. What makes us happy as a class is, chocolate, family, noodles, baby sister, freedom, art, baking, pets, playing in the garden, trampoline, football, bike, video games, hugs, mum, potatoes, movie night, Nintendo and Friday nights.

# 5 Krishna

During Children's Mental Health Week, we made a class Happiness Bag. We added in all our happy thoughts. There is so much in life to be happy about - we must always remember that.



We connected with one another by throwing the bean bags around the circle. We needed to **LOOK** and **LISTEN!**

We also took part in Smiling Gymnastics! We moved around the hall in different ways, showing what it looks like to be happy!  
We skipped, jumped and smiled!



# 5 Buddha

As part of CMWH, we made a class Happiness Bag and filled it with our happy thoughts. We love this bag as it shows that we all have so much to be happy and thankful about. So, if you're feeling low, read a note and smile.



We connected with one another by making stronger bonds. We also felt the movement carefully when someone drew on our back (it tickled though)



We laughed with each other during Laughology workshop. We also learned various strategies to snap out of negative thoughts.



We also took part in dancing together! We moved in different ways, showing what it looks like to be happy!



We have found the perfect way to cheer us up.

We loved these bubbles of gratitude that we created together.



# Year 6 Balarama



To acknowledge our first and last year of Mental Health Week we, as a whole year group, created a paper chain which symbolised the connection between our classmates which we had developed throughout the years at KAPSH and we brought out the fact that every single individual is special and unique in their own different way.

The paper chain activity left us all motivated and cheerful. While reading, it brought huge smiles stretching from ear to ear.



At KAPSH, we learn to connect with each other no matter who we are.



Year 6 pupils say, "We will miss the adventures we had in this school."

## Tips for Parents/Carers

The Well-being Warriors have been discussing how they think parents/carers could best support their own mental health. Here are some tips:

Take some time out of the day for yourselves.

Try to focus on one thing at a time to stop you from getting stressed out.

Get involved in a hobby or activity that you enjoy.

Eat a healthy and balanced diet.

Get some fresh air and exercise.

## Tips for Pupils

We also have some tips on how we as children, can look after our own mental health: Have a read of some of our ideas:

Get involved in a hobby or activity that you enjoy.

Make new friends by introducing yourself to others.

Concentrate on the positive personality traits of your friends.

Take part in mindfulness by meditating and thinking about what makes you happy.

Find the good in every situation.

Spend less time on the screen and more time interacting with others in person.



## What is mindfulness?

We have been thinking about ways in which we can keep our minds healthy. Mindfulness is a great technique, which can help you to feel positive.

Mindfulness is a technique you can learn, which involves noticing what's happening in the present moment, without judgement. You're aware of what is happening around you. You feel calmer, kinder to yourself and help cope with difficult thoughts. In Covid I found it hard to control my temper; my teacher helped me by telling me to count up to 10, do breathing exercises and write a journal about my feelings.

Darsh (Year 3 Well-being Warrior)

Being mindful is when you are doing things calmly and slowly. It is the opposite of rushing and doing too many things at once. When you are being mindful, you are alert and you have your mind on what you are doing. Having this kind of a mindset is very important as this can lead you to focusing more with less thoughts jumping around in your head. An example of being mindful is looking at the floor to check if there is anything there before stepping on it.

Aditi (Year 4 Well-being Warrior)



Look out for our  
summer issue  
next term!

MRS PINDOLIA (MENTAL HEALTH LEAD)  
AND THE WELL-BEING WARRIORS

