



St Anthony's Primary School

Wellbeing Newsletter

November 2022

Welcome to the launch of your first Wellbeing newsletter

At St Anthony's we are committed to supporting emotional health and wellbeing of all our pupils, parents and staff.

If you have any concerns or worries about your child's emotional behavior or wellbeing we can offer a listening ear and work together to support your child.

Good Mental health is Important.

Evidence by the NHS suggests there are 5 steps you can take to help improve your mental health and wellbeing.

The Five Ways are daily acts that can benefit your mental health and wellbeing. They can be adapted to your circumstances, even if you're self-isolating. The Five Ways are **Connect, Be Active, Take Notice, Learn, and Give.**

Further information can be found on the following link:

<https://www.nhs.uk/mental-health/self-help/guides-tools-and-activities/five-steps-to-mental-wellbeing/>

Parents' Toolkit: Wellbeing

Check out BBC Bitesize for their wellbeing tips designed for parents to help you support a healthy, happy childhood - with advice on food, sleep, mindfulness, as well as ways to look after you and your child's mental health.

Click on the

<https://www.bbc.co.uk/bitesize/articles/z63htrd>

Community Vision Children and Family Centre.

ESOL, Sensory Session, Learn & Play Active, Healthy Eating Family Support, Parenting courses and much more.

For further information contact Woodbine Grove, London SE20 8UX

020 8778 2970

<https://www.bromley.gov.uk/parental-support/bromley-children-project/6>

St Hughes Community Centre

It Takes A Village - Peer support for new mums, Taekwondo Bible Study, movement classes for health. English & maths classes for adults, FREE!

For further Information contact St Hugh's Community Centre.

St Hugh's Youth Club 8-13 year olds

42 Castledine Road, Anerley, London SE20 8PL

Tel: (020) 8659 7038

<https://www.hlca.org.uk/timetable>

For More Information

kashmir.thethiest-anthonys.bromley.sch.uk

Foodbank

Tel; 0784 591 607

Tuesday 3PM-4PM

Friday 1PM-2:30 PM

Saturday 10:30-12:00PM