

Christmas & New Year NEWSLETTER

Winter Term

WELCOME!

The Mental Health Support Team would like to welcome you to the winter term! As we enter the colder months, we would like to share a few suggestions to help you prioritise your wellbeing and make the most of the season!

Big events, big emotions

As the holiday season approaches, we often look forward to the excitement of Christmas and New Year celebrations.

But these big events can also bring big feelings that might feel overwhelming. It's normal to feel a mix of happiness, stress, and even anxiety during this time, especially when there are so many activities, expectations, and changes to our usual routines.

Taking time to notice and share these feelings with each other can help everyone feel understood and supported through the holiday season.

Let's think together about how this season could make us feel:

In this activity, we invite you to think about what you're looking forward to and what might feel a little overwhelming.

- Draw a  next to the things you are looking forward to.
- Draw a  next to the things that might feel overwhelming.
- Draw a  if you are looking forward to it but unsure about how you will feel.

GIVING/RECEIVING
PRESENTS



SEEING FAMILY



LIGHTS AND MUSIC
EVERYWHERE



BEING BUSY



NOT GOING TO
SCHOOL



OTHER:

BUSY PLACES

CHANGE IN ROUTINE



OTHER:

Reminder

If you find that you are really struggling, talk to a trusted adult about how you are feeling.

Or you can call 0800 915 4644 for free if you or someone you care for is in a crisis.

Upcoming Events:

- ☀ Human Rights Day 10 Dec 10 Dec
- ☀ International Migrants Day 18 Dec
- ☀ World Braille Day 4 jan
- ☀ International Education Day 24 jan

Staying healthy

How to Keep Your Mind Happy and Healthy Over winter!

Winter can be a fun and busy time, so it's important to look after your mind as well as your body. Here are some tips to help you feel happy and calm all season long!

1. Eat Some "Feel-Good" Foods



Treats are part of the holiday fun, but also try to eat foods that make you feel good and give you energy, like fruits, veggies, and whole grains. If you balance treats with healthy foods, you'll feel more energetic and happy!

2. Get Moving – It's Fun!



Moving your body helps your brain feel good too. Go outside to play, walk, ride your bike, or try sledding if there's snow! Even just dancing around to holiday music counts as exercise and helps you feel happier.

3. Sleep Helps You Recharge



staying up late on holiday nights is okay, but try to get plenty of sleep most nights. Sleep helps you wake up feeling fresh and ready for fun!

4. Take Breaks to Rest Your Mind



Winter can be busy with family, friends, and activities, so take breaks to relax. You can read a book, draw, or just sit quietly for a few minutes to recharge. You can even do some mindfulness colouring!

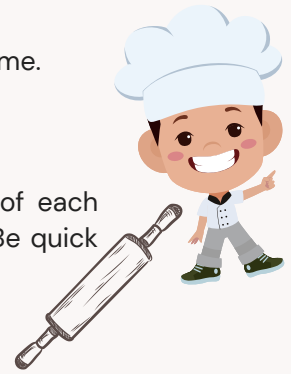
Mindfulness colouring



Keep learning

Let's try something new: Nutella twist Christmas tree

We challenge you to try a new recipe, you can do this with the help of an adult at home. Good luck!



1

Make Your Tree Shapes: Put 2 frozen puff pastry sheets on top of each other. Cut them into a big tree shape, cutting through both layers. Be quick so they don't stick together!

2

Set Up Your Tree: Put one tree shape on baking paper or a special baking mat. This makes it easier to handle and keeps it from sticking. Take off the top tree, spread Nutella on the bottom tree, and gently put the top tree back on.

3

Bake and Sprinkle: Bake your tree until it's shiny and golden. Then sprinkle cinnamon sugar on top to make it extra special. WOW everyone with your amazing tree treat!



Fun Facts About Christmas and Cultures!

- 1. Not Everyone Celebrates Christmas:** Some people don't celebrate Christmas because they have different holidays. For example, people who follow Judaism celebrate Hanukkah, and people in Islam celebrate Eid at other times of the year.
- 2. Different Seasons:** In places like Australia and South Africa, Christmas happens in summer! Instead of snow, they celebrate with BBQs, swimming, and fun in the sun.
- 3. Special Food:** Some countries have big feasts for Christmas, like Italy, where families eat lots of seafood. In India, people enjoy colourful sweets and desserts during this time.
- 4. Light Celebrations:** Some cultures celebrate with lights, even if they don't celebrate Christmas. For example, Diwali, the Hindu festival of lights, is about hope and joy.
- 5. New Year Instead:** In places like Japan, people celebrate the New Year more than Christmas. It's a time for fresh starts, cleaning, and being with family.
- 6. Different Ways to Celebrate:** Your friends might celebrate Christmas in a way that's different from yours, or they might celebrate other holidays. **That's what makes it fun—there's so much to learn and share about different cultures!**