

Wellness Newsletter

Bringing Positivity & Wellbeing to Our School Community



World Happiness Day

Thursday 20th March marks World Happiness Day. This provides a wonderful opportunity to focus on the simple steps we can take to enhance our happiness and wellbeing. Small daily habits can make a big difference to our mood and mental health. Below are some simple yet effective ways to boost happiness for both children and adults.

Ways to Boost Happiness for Children & Adults

- ✓ **Get Moving** – Exercise releases endorphins, the ‘happy hormones.’ A simple walk, playing outside, or a short dance session can lift spirits.
- ✓ **Prioritise Sleep** – A good night's sleep is essential for both mental and physical wellbeing. A consistent bedtime routine helps everyone feel more rested and ready for the day. Visit [The Sleep Charity](#) website which provides a national helpline, as well as lots of helpful tips and advice.
- ✓ **Connect with Others** – Spending time with loved ones, talking about feelings and sharing positive experiences boosts emotional wellbeing. Check out new [Chichester Living](#) site for listings of what's on.
- ✓ **Get Outside** – Fresh air and time in nature reduces stress and increases happiness. Even a short break outside can work wonders.
- ✓ **Practice Gratitude** – Keeping a gratitude journal or simply listing three good things at the end of the day can shift focus to the positive.
- ✓ **Eat Well** – A balanced diet plays a huge role in mood and energy levels. **See below** for details on an inspiring free local food event!
- ✓ **Read for Pleasure** – Reading is a fantastic way to relax, improve focus, and spark imagination, whether it's a bedtime story or a quiet moment with a book.

Recognising When Someone is Struggling

Signs in Children

Changes in mood, becoming withdrawn or irritable.

Difficulty sleeping or frequent nightmares.

A decline in school performance.

Loss of interest in activities they once enjoyed.

Complaints of frequent headaches or stomach aches.

Excessive worry or fears.

Support & Advice

A list of services providing support and advice for children's and young peoples mental health is available through the school website under: Our School / Mental Health and Wellbeing. Below are few local services for adults:

- [West Sussex Wellbeing](http://www.westsussexwellbeing.org.uk) - Advice on mental health, sleep, and lifestyle. www.westsussexwellbeing.org.uk
- [Parenting Support from West Sussex County Council](http://www.westsussex.gov.uk) - Help with child wellbeing and behaviour. www.westsussex.gov.uk
- [Pathfinder West Sussex](http://01243780420) - A single point of access to mental health and wellbeing support 01243 780420 / info.chichester@richmondfellowship.org.uk
- [Mind](http://www.mind.org.uk) - Mental health support for adults. www.mind.org.uk
- [NHS Every Mind Matters](http://www.nhs.uk/every-mind-matters) - Practical tips and advice. www.nhs.uk/every-mind-matters

Signs in Adults

Persistent feelings of sadness or hopelessness.

Difficulty concentrating or feeling overwhelmed.

Sleep disturbances – sleeping too much or too little.

Increased irritability or mood swings.

Loss of interest in hobbies or social activities.

Changes in appetite or energy levels.

If you or someone you know is struggling, please reach out for support.



Healthy Eating on a Budget - Free Local Event

Eating well doesn't have to be expensive! A free food event will be held to inspire families to eat well while keeping costs low on **Saturday 29th March from 10am - 6pm**. The event that will take place in East Street and North Street in Chichester, includes cooking demonstrations, tips on using local and seasonal ingredients, and plenty of practical advice to make healthy eating simple and affordable.

For more information see Chichester District Council's 'What's On' pages at: [What's on - Chichester District Council](#)

By taking small steps towards wellbeing, we can all enjoy a happier, healthier life. Wishing you a joyful and uplifting World Happiness Day!

Nicola Ellis, ELSA and Mental Health Lead