

# Steam Mills wellbeing newsletter December 2020

Welcome to the last month of 2020 and what a year it has been!

December is often a month of reflection and celebration. Many of us have faced unexpected highs and lows throughout each season and I for one have been grateful for our school community and the sense of belonging that it offers.

Wishing everyone; children, parents, grandparents, staff and pets too, a very peaceful break.

kindest regards,

Miss Fran Barber

## *Five Ways to Wellbeing... the Steam Mills whoosh!*

The 'Five Ways to Wellbeing' approach is all about how actions can contribute to and boost feelings of wellbeing. Each of these actions or ways will have a beneficial impact... or the 'whoosh factor!' There are some ideas for each of them. We would love to hear how you are getting on via e-schools and any ideas are welcome.

<i>Connect</i>	<i>Activity</i>	<i>Be curious</i>	<i>Keep Learning</i>	<i>Give</i>
<p>With seasonal and Religious celebrations throughout the month many of us hope to reconnect with loved ones.</p> <p>Sharing our challenges and joys with them helps our mental health and well-being.</p> <p>Perhaps this year has shown us that there are many ways to 'be' with others both physically and virtually.</p> <p><i>Staying connected reminds us that we belong.</i></p>	<p>With long winter evenings it can be difficult to motivate ourselves to move.</p> <p>However movement can be an effective way to work through feelings held in the body.</p> <p>How about a virtual Christmas disco or creating your own Yoga stances to celebrate the Solstice.</p> <p><i>Be as active as you are able to; listen to what your body needs.</i></p>	<p>I have noticed, with awe and wonder, the beautiful lights that have appeared in the community. Homes and villages festooned, sending their beacons of seasonal greetings for others to enjoy.</p> <p>In noticing this I am reminded of the song 'This little light of mine, I'm gonna let it shine'</p> <p><i>How will you let your light shine during December?</i></p>	<p>Communities celebrate December in many different ways.</p> <p>Did you know there is a day dedicated to Elves and Robins?!</p> <p>What are the similarities and differences between Hanukkah and Christmas?</p> <p>How is the Winter Solstice celebrated?</p> <p>So many questions!</p> <p><i>Learning new skills helps us develop curiosity.</i></p>	<p>I wonder how many different ways we give to ourselves as well as others.</p> <p>Gifts need not be presents, more often people desire presence.</p> <p>The gift of being with someone, a smile, a listening ear, knowing you hold them in your heart and thoughts.</p> <p>These are just as valuable.</p> <p><i>Ask of yourself what can I give in this moment?</i></p>

## *This little light of mine!*



Let's make...  
a **Christingle**.

<https://www.topmarks.co.uk/Christmas/Christingle.aspx>

*Hanukkah means dedication.*

Let's find out why.

<https://www.bbc.co.uk/teach/class-clips-video/religious-studies-ks1-the-jewish-story-of-hanukkah/z47wxyz>



*Night, Bright or Light?*



*Silent night, Holy night.*

*All is calm, all is bright.*

How many Seasonal songs have one of these rhyming words in them?

Make a quiz for friends and family!

*Christmas around the World.*

How are other countries and cultures Christmas traditions different and similar to yours?

<https://www.bbc.co.uk/newsround/15790210>



*Winter Solstice*

The Winter Solstice marks the shortest day of the year.

Find out more on the Greenwich Museum website.



<https://www.rmg.co.uk/discover/explore/when-winter-solstice>

*Giant star!*

Did you know there is a daffodil called Giant Star!



Planting bulbs may help you look forward to brighter days ahead.

**KINDNESS CALENDAR: DECEMBER 2020**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1. Share the Kindness Calendar with others and spread kindness.	2. Contact someone you can't be with to see how they are.	3. Offer to help someone who is facing difficulties at the moment.	4. Give kind comments to as many people as possible today.	5. Make a gift for someone who is homeless or feeling lonely.	6. Support a charity, cause or campaign you really care about.	7. Leave a positive message for someone else to find.
8. Do something helpful for a friend or family member.	9. Notice when you're hard on yourself or others and be kind instead.	10. Listen attentively to others without judging them.	11. Be generous. Feed someone with food, save or kindness today.	12. Buy an extra item and donate it to a local food bank.	13. See how many different people you can smile at today.	14. Share a happy memory or inspiring thought with a loved one.
15. Contact an elderly neighbour and brighten up their day.	16. Look for something positive to say to everyone you speak to.	17. Practice gratitude. List the kind things others have done for you.	18. Give away something that you have been holding on to.	19. Buy locally and support independent shops near you.	20. Contact someone who may be alone or feeling isolated.	21. Appreciate kindness and thank people who do things for you.
22. Congratulate someone for an achievement that may go unnoticed.	23. Choose to give or receive the gift of forgiveness.	24. Bring joy to others. Share something which made you laugh.	25. Treat everyone with kindness today, including yourself!	26. Get outside. Pick up litter or do something kind for nature.	27. Call a relative who is far away to say hello and have a chat.	28. Be kind to the planet. Eat less meat and use less energy.
29. Turn off digital devices and really listen to people.	30. Let someone know how much you appreciate them and why.	31. Plan some new acts of kindness to do in 2021.	Let's look beyond our differences and help each other. Every act of kindness matters.			

**ACTION FOR HAPPINESS** #DoGoodDecember [www.actionforhappiness.org](http://www.actionforhappiness.org)  
Keep Calm - Stay Wise - Be Kind

Each month Action for Happiness publish a calendar. Here is November's and the website you can access it from.

<https://www.actionforhappiness.org/>

**There are many useful phone contacts provided on our school website over the Christmas break. Sleigh safe and I look forward to seeing everyone in 2021.**

