

Happy New Year

Happy New Year to everyone! I hope you all had a nice Christmas and spent time with your family and friends.

January can be a difficult month, especially for adults. Coming back after a holiday, the weather, economical struggle after possibly over spending for Christmas, etc. Remember the basics: eat well, get enough sleep, exercise, the importance of your relationships with others and be sure to seek help if you need it.

It is also the month where some people start their new year resolutions (which are usually good things with good goals).

I'd like to use this spotlight to talk about:

Patience: the capacity to accept or tolerate delay, problems, or suffering without becoming annoyed or anxious. Being patient is a virtue and it really helps people.

Being patient is not being slow, being lazy or doing less. A good way to practice patience is by listening more and realising when, during the day, you can slow down. Patience is not good friends with rushing!

Acceptance: willingness to tolerate situations. Acceptance is more often used when we talk about overcoming negative situations but it can also be used for positives.

Practising acceptance really helps to reduce negative feelings, improve your state of mind and feel less anxious and in a better state of mind. By accepting situation you place yourself in a better position and at some point you can try to start making changes to reverse the difficulty.

A good way to practice acceptance is to think about problems that we have, pick a few and put them on hold. They don't have to be big problems. Try to relax during this process. Another way is by learning about history and the struggle of other people.

Farewell to Maddie White (SALT). Maddie has been an amazing colleague and very hard working. We wish her all the best in the future. As always, please reach out to us at school if you are struggling and need support.



JOSE NEGRIN
Head of Thereapeutic Interventions



Events and key dates

MONDAY 30TH JANUARY

National Story Telling Week

WEDNESDAY 1ST FEBRUARY

Children's Mental Health Awareness Week

THURSDAY 2ND FEBRUARY

Marine Unit Visit to Haselbury Campus

FRIDAY 10TH FEBRUARY

Last day of Spring 1

