

UPDATE

ROCKMOUNT DECEMBER WELLBEING & SAFEGUARDING



10 TIPS FOR WINTER WELLBEING

Tip 1: Let there be light and cosiness! – Going out in the cold might seem unappealing but getting some natural light can be invigorating and really help your mood.

Tip 2: Healthy comforts – We all crave comfort, particularly over winter and it can be tempting to reach for foods high in fat, sugar and salt. Find other options that are just as pleasurable like reading, doing puzzles or baking something healthier.

Tip 3: Plan something pleasurable and also have some 'me time' – In the bad weather or if we're isolating, it's still important to take time to enjoy ourselves each day. It can also be fun to try something new, get creative or dust off an old hobby.

Tip 4: Boost your energy and your mood – Get outside for at least 20 minutes of exercise each day.

Tip 6: Celebrate the good stuff – Try to notice the good things in your life if you're feeling down, however small.

Tip 7: Get your money sorted – Plan your finances this winter – including making sure you're getting any benefits you're entitled to and getting help with any debt concerns you may have.

Tip 8: Keep connected – Don't let gloomy days drain you of your motivation to go out and see friends and family.

Tip 9: Take a break from gadgets – Technology, more than ever, over the last couple of years has been vital but it's important to give yourself some time away from devices.

Tip 10: Ask for help – If we're struggling, it's ok to ask for help. If you need to, there's always someone to talk to. Ringing or texting a helpline such as SHOUT if you're lonely can help you feel better too.

Individuals can text SHOUT to 85258 to receive free, confidential support from a trained volunteer via text message.

THE CHRISTMAS HAF PROGRAMME NOW OPEN TO BOOK



This Christmas, the Holiday Activity and Food Programme (HAF) is set to offer children across Croydon the opportunity to attend free activity clubs with healthy meals. Open to all children aged 4-16 receiving benefits-related free school meals.

To book, please visit croydon.gov.uk/holiday-activities-and-food

Online Safety Tips for Christmas



Christmas is almost upon us once again and some children will be excitedly unwrapping mobile phones, tablets or games consoles. For some of them, it will be the first time they've owned a device that connects them to the online world. Even for older children, a new device means new corners of the digital landscape to explore and unfortunately new risks to be aware of.

Read the National Online Safety Guide for top tips that can guide you and your child/ren to enjoying their new digital gifts safely and responsibly throughout the year.

[TOP TIPS FOR NEW DEVICES](#)



Free Advent of Kindness Calendar



Bring a little more kindness into the world in the run-up to Christmas. Advent of Kindness will boost both your own mental wellbeing and that of others. There is one for adults and one for children.

For more wellbeing & safeguarding information, please visit our website at www.rockmountprimaryschool.co.uk

Important Dates

Parent/Carer Workshop - Managing Difficult Emotions - Thursday 19th January 2023

Children's Mental Health Week - 6th - 12th February 2023

Safer Internet Day - 14th February 2023

LGBT+ History Month - February 2023