



The theme for our latest Mental Health and Wellbeing Newsletter is...



Sleep and the NHS 5 Steps to Wellbeing

Drop Down Day Edition!

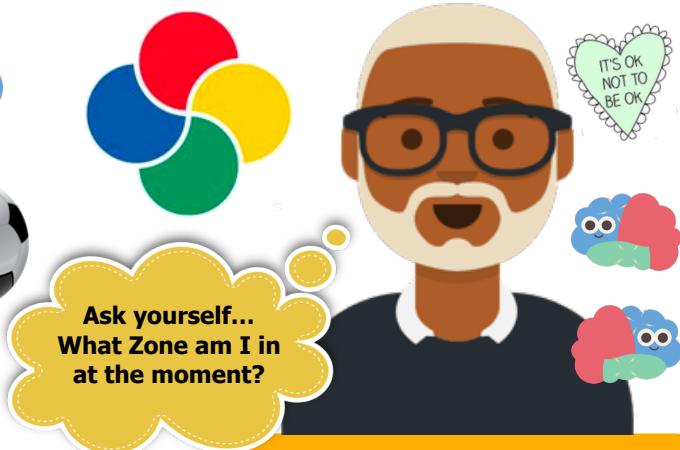
05/07/24

LET'S GET READY FOR BED!

| | S | M | T | W | T | F | S |
|-------------------|---|---|---|---|---|---|---|
| BRUSH YOUR TEETH | | | | | | | |
| PUT ON YOUR PJ'S | | | | | | | |
| PICK UP YOUR TOYS | | | | | | | |
| READ A STORY | | | | | | | |
| LIGHTS OFF | | | | | | | |



Have a look at this great read about professional football players and the importance of sleep. Even the worlds best love their sleep!
[Professional Footballers and Sleep!](#)

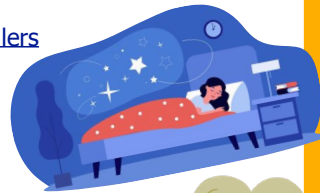


Ask yourself...
What Zone am I in at the moment?

[Download your own Bedtime Routine Chart here!](#)

WHY?

Take a look at this child friendly video, talking about how important it is for the mind to switch off! [What if you stop sleeping?](#)



A Message from our Mental Health Guru - Mr Doyle!

"I hope these resources find you and your mental health and well-being in good shape. This resource focusses on **Sleep and how important this is to our overall health and wellbeing!** (<https://www.sleepfoundation.org/>) It will also provide a recap of the **5 Steps to well-being** (the pillars to our mental health and wellbeing strategy). I have included videos, articles and activities for you to access to help you understand and deal with some of the topics I am talking about. We know school helps massively with daily routines but, as we are about to start our summer holidays, this may cause us to lose sight of those routines! It is my belief that the sleep routine has to be close to the top priority!! Practice these over the next couple of weeks for a pleasant and rewarding summer holiday, whether that's abroad, staycationing or at the local park. If any families want support in this area please email me, I am always here to help!!

joseph.doyle@fmp.liverpool.sch.uk



Try the Duolingo App and practice with our very own Florence Melly French speakers Miss Océane and Mrs Sainsbury
[Duolingo App](#)

Research suggests that acts of giving and kindness can help improve your mental wellbeing by: creating positive feelings and a sense of reward; giving you a feeling of purpose and self-worth, helping you connect with other people.
<https://www.mentalhealth.org.uk/explore-mental-health/kindness/kindness-matters-guide>

Play 'Home Court' Are you ready to test your agility? Mr Derbyshire has challenged you to test your reaction time! Check out his [score here!](#) Do you think you can beat his score? [Click here for more information](#) on how you can challenge him!

There's a lot of good research to support the role nature can play in protecting and supporting our mental health. Here is a link to: [top tips on connecting with nature to improve your mental health.](#) Here, you'll find some great advice and ideas on how nature can have a positive impact on our daily lives.
[How can I overcome barriers?](#)



Bedtime Routine

