

CHRISTMAS TO-DO-LIST

- ^{BE} ~~buy~~ presents
- wrap ~~gifts~~ ^{SOMEONE} IN A HUG
- Send ~~gifts~~ ^{PEACE}
- ^{DONATE} ~~shop~~ for food
- ^{BE} ~~See~~ the lights



Autumn term

Wellbeing Newsletter

December wellbeing tips



- During this Christmas time remember those who may be alone this year. Why not brighten their day and call them wishing them a happy and joyful Christmas.
- Find 5 of your favourite Christmas songs and do a 15-minute workout to make space in your stomach for all that Christmas Lunch/Dinner you'll be eating! e.g.. 'All I want for Christmas', 'Mistletoe-Justin Bieber', 'Feliz Navidad'
- Take time to cherish the Christmas family traditions that you may have in your household. Why not encourage your family to start a new Christmas tradition? Check out the link <https://www.goodhousekeeping.com/holidays/christmas-ideas/g23601545/christmas-traditions-kids-family/> for some ideas!
- The festive season is upon us, so why not learn about traditional Christmas dishes from around the world. Maybe try something new and make one of these dishes to share with your family. Check out this link <https://www.buzzfeed.com/juliapugachevsky/heavenly-christmas-foods-from-around-the-world>
- Give your time to check on those in your community who may be alone this Christmas, spreading love and kindness to others who may need it. One way in which you could do this is by following the 'connect' section in this newsletter or simply by keeping them in your thoughts and prayers.

Top 5 Tips for staying healthy ...

Fight germs - At this time of year colds and the flu are on the rise. Continue with your hygiene routines such as regular handwashing, use of tissues and not sharing drinks.

Eat healthy and be merry - Christmas foods can be high in calories and low on the nutrition, at this time of year aim to balance treats with foods that you need to battle germs and boost energy.

Chill - Even things we look forward to, like the Christmas holidays, can come with worries attached. If you feel stressed, stop what you're doing for just a moment.

Beat the blues - Holiday blues don't just happen in songs. For some people, it's seasonal, brought on by shorter days, longer nights, and colder weather. You can decorate, watch a Christmas movie with family or a friend, or wrap gifts.

Get some ZZZs-Getting 8½ to 9 hours of sleep a night during the holidays can help strengthen your immune system, give you more energy, and make you less vulnerable to stress.

One of the top things to do for your health is to have fun and take time to rest.

Laugh and enjoy yourself
— Christmas comes just once a year.





Advice for your online use

The Royal College of Paediatrics and Child Health (RCPCH) have produced guidance for screen time use of under-18s.

- no set amount of time for screen is necessary
- devices should not replace sleep, exercise or family time.
- devices should be avoided in the hour before bed to promote healthy sleep.

Things to do to expand your mind...



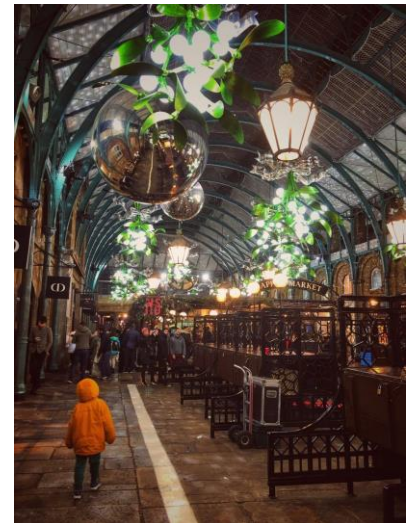
London is one of the best cities in the world during the festive season. The city welcomes in all manner of unique celebrations over the December period. Here are some great places to see the Christmas lights:

- Oxford Street
- Regent Street
- Carnaby Street
- Covent Garden

You can end up spending a lot at the Christmas Market but if you just want to get into the festive spirit take a walk along one of the markets. You can visit the Christmas Market in Leicester square with cute wooden chalets and enjoy the Christmas atmosphere. There are also Christmas markets in Southbank and Greenwich Christmas market.

Don't miss South Bank Winter Festival between November 4th and December 24th, you can take a beautiful walk alongside the River Thames with beautifully illuminated trees on Queen's Walk.

Where: The Queen's Walk, South Bank, Lambeth, London SE1 8XX



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Organisations that provide well being support