

# Wellbeing committee December 2024 Newsletter

## Let's Keep Walking

Come join us every wednesday for our walk, its a 30 minute walk ending at the [cracked pots cafe](#) where we can enjoy a coffee and a chat



## A Message from Our Wellbeing Committee:

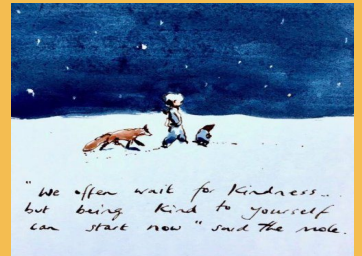
Christmas is a time for kindness, and small acts of kindness can make the world a brighter, happier place. They help us feel more joyful, confident, and hopeful, creating a ripple effect that inspires others. During this festive season, being kind means considering others' feelings and offering the same care we would give to loved ones. Recognising that we all face struggles, kindness to ourselves allows us to navigate challenges with compassion and resilience.

This Wellbeing Committee will work closely with the school community to enhance wellbeing throughout the year to create a positive, supportive environment for all. Let's spread kindness, not just this festive season, but all year long!

Some Tips to help both children and adults this festive season

<https://calmahoykids.co.uk/2021/12/08/calming-christmas-activities-for-kids/>

<https://www.stpatricks.ie/campaigns/12days>



## Neuro Diversity & inclusion

Another area we would like to explore is providing parents, guardians and teachers with information, resources and links to training on difficulties that many of our children experience in school like dyslexia, dyscalculia, dyspraxia, adha, add, asd, bullying and many more. Sometimes parents of children with learning difficulties, additional needs etc can find it hard to know where to start and what to do, it can be a lonely place so we thought as a school community we could share knowledge to help each other. In the spirit of inclusion we thought that it may be helpful for parents and guardians to learn the language used by the school when educating our children on these diagnosis' so that we can mirror that same language at home. Also educating those who are not directly affected by these diagnosis but would like to know more.

### 6 self-esteem activities for children

1. Role-playing activities for self-esteem
2. Age-appropriate chores and tasks\*\*
3. Facilitating and encouraging acts of kindness
4. Building emotional awareness and well-being in children
5. Recognizing and celebrating children's achievements
6. Cultural awareness and appreciation activities

\*\* <https://www.gohenry.com/uk/blog/chores/age-appropriate-chose-list-for-kids>

## News

B.S.P has signed up to become an ADHD accredited school. This will benefit the school community in many ways and is a very exciting programme. Click on the link below to read about the benefits from participating in this programme.

<https://adhdireland.ie/friendlyschoolprogramme/>

## Upcoming events 2025

- Mindful yoga
- Craft evening

Events will cater for small groups initially while we establish popularity

Links for additional information  
We are not affiliated with anyone on the list

- [Podcasts](#)
- [Books](#)
- [Assessments/Therapist](#)
- [Workshops](#)

please contact us to contribute and/or give us feedback

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