

Wellbeing

Newsletter Issue 16
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Dear Parents and Carers,

Welcome to our winter and Christmas Wellbeing Newsletter and the last one of 2024! Where did that year go?!? Well, firstly, I would like to wish you all a (slightly early) 'Happy Christmas' and a healthy and happy New Year!

Within this Newsletter, we shall be looking at '**Respect**', from our **HEART** values and linking to our 'Six Strands' (as mentioned in the previous Newsletter), also, with '**Respect**'. This Newsletter I thought we could look at '**Respect**' specifically at this time of year and wonder if it is something we consider more at this time of year than normally? Looking at how we celebrate with family and friends, surely this is a time of year to '**Respect**' everyone's individual way of celebrating the season, both religiously and culturally, and how every family has their own traditions that may be new or may have been passed down over the generations.

We know we should always '**Respect**' others' religious beliefs, and their beliefs in general, but without '**Respect**' would traditions ever gain enough traction to become traditions? Or just something we remember doing 'the odd time' but have no idea why we did or why we stopped? Some of the most fun, anticipated traditions we have at Christmas, just by being repeated over the years (sometimes for no known reason) have even evolved from potentially small beginnings to nationwide celebrations! Just think, one of your very own small family traditions may, in years to come, be copied and reproduced to become a huge national tradition! Perhaps, share yours with friends and ask about some of their traditions and see if you want to add a new one to your household! But, don't forget, none of these would be possible without '**Respect**', which shows how we practise it without even thinking sometimes.

But what about ensuring we show '**Respect**' to people that don't share our Christmas celebrations and beliefs? People may choose to opt out of celebrating Christmas not only for different religious beliefs but perhaps because they disagree with the commercialism that is now involved? Perhaps because it brings back unhappy memories,

perhaps of people that are lost to them now? Or perhaps they struggle with the physical sensory side and crowds that come with the countdown to Christmas? So how do we show 'Respect' when we are out shopping? Driving to visit relatives? Trying to get the parking space we want? Trying to get a good seat at the School Nativity? Dashing out to get some last minute bits? At these extra busy times we need to allow ourselves even more time than usual, to not feel rushed and heightened. We need to ensure we are just a little bit more organised, so we don't feel as much pressure to get everything done in time. We need to ensure we allow, not only ourselves, but very importantly others, that extra bit of 'Respect' and give them the time and space they need, to complete their tasks, calmly, in what is, at this time of year, a big sensory overload! We don't know what others have going on in their lives, and we don't need to know, but if we just take an extra deep breath and show some 'Respect' and kindness, we could all really make everyone's lives easier.

And let's not forget all the staff working in all walks of life that are on the front line of the Christmas madness! Be it people that work over the Christmas holidays or people that help us ensure we have everything we need to make our own Christmas magical!

Perhaps, next time we are struggling to find the 'Respect' to give, we could break it down more, like we do with the 'Six Strands' and help others, notice other people's reactions, accept when your turn is over, as well as wait for your turn, and also, tidy up (obviously, within school, we achieve all of these 'with support').

But however you celebrate, or don't, and whatever you choose to do over the festive period, please enjoy it, and don't forget, as always, - just breathe!

Mrs Lesley Lillis, Pastoral Support Lead

**HAPPY CHRISTMAS TO ALL
AND A HAPPY NEW YEAR TOO!**

