

## Wolverhampton Education Wellbeing Network Bulletin (November 2024)



We hope the start of the half-term is going well. This month's Wellbeing Network Bulletin will focus on wellbeing.

### Dates for your diary- upcoming Wellbeing Network Meetings

Please see below the upcoming dates for the Wellbeing Network Meetings (all 1-3.30pm):

- Thursday 5th December 2024 - Khalsa Academy
- Thursday 6th February 2025 - venue TBC
- Thursday 3rd April 2025 - venue TBC
- Thursday 22nd May 2025 - venue TBC
- Thursday 3rd July 2025 - venue TBC



### Looking after your wellbeing at work.

Please see below some tips on ways to look after your wellbeing.

- Use the time on your commute home to wind down from work- listen to a podcast or some music to set aside some time to yourself.
- Get active - many people find that physical activity helps them maintain positive mental health. Maybe at lunch/ breaktime, go for a short walk.
- Take a breath - Breathing exercises can help alleviate stress and promote calmness



[13 Employee Health Tips for a Healthier Workforce](#)

### Papyrus SPEAK - Suicide Prevention Explore, Ask, Keep-Safe- Training

Please see the below link for FREE training on suicide awareness.

**Date: 20<sup>th</sup> November 2024- 10:00am-  
1:30pm at the Civic Centre.**

[SW2024 - Papyrus SPEAK - Suicide Prevention Explore, Ask, Keep-Safe.-Adults and Children - Wolverhampton Safeguarding Together](#)

### World Kindness Day 2024

The 13<sup>th</sup> of November marks World Kindness Day.

Why not pass on a random act of kindness at work today?



### News- Teachers to be given one day off per fortnight at Solihull School!

Teachers at a school in Solihull are given one day off a fortnight in a bid to motivate staff and attract new people to the profession.

There will be no impact on the length of teachers' salaries or planning time, bosses said. We'd be interested to hear about any other creative methods being trialled to help with work-life balance.

[Teachers to be given one day off per fortnight - BBC News](#)



**Playing and being well:**  
**The importance of play for children and wellbeing.**

- The biological process of homeostasis means that children constantly seek out ways of feeling better, often through playing. When children can participate fully in playing, the pleasure this gives rise to is central to wellbeing, health and adaptiveness, both for the time of playing and beyond
- Playing well also provides the relational context for developing healthy attachment systems to caregivers, contributing to a sense of security and belonging.
- The pleasure of playing well motivates children to seek out more playing. Playing in ways that are valued by the player releases neurotrophins that can have more lasting protection against depression.



Reference: A review of recent research into children's play, social policy and practice, with a focus on Wales: [Playing-and-being-well-briefing.pdf](#)

**Upcoming Seminar**

**What Schools Need to Understand about Girls' Experiences of Menstruation**

A University of Birmingham School of Education **Teacher Research Seminar** with Dr Madalaine Nicol, Warwickshire Educational Psychology Service

**Date: Thursday November 28th, 4pm on Zoom**

To find out more and register for the link visit:

<https://www.birmingham.ac.uk/schools/education/events/2024/11/madalaine-nicol>



# 7 WAYS TO START MAKING KINDNESS THE NORM IN YOUR DAILY LIFE:

- 1 Send an uplifting text to a friend or family member.
- 2 Let that guy merge into traffic with a wave and a smile.
- 3 Include intentional moments of kindness, laughter and delight in your daily routine.
- 4 Go *slightly* outside of your comfort zone at least once a day to make someone smile.
- 5 Share a compliment with a co-worker or friend.
- 6 Reach out to a family member you haven't spoken to in awhile.
- 7 Treat someone to a cup of coffee (a friend, stranger, or even yourself).

**make  
kindness  
the norm.**

#WorldKindnessDay  
#MakeKindnessTheNorm  
[www.randomactsofkindness.org](http://www.randomactsofkindness.org)