



Wellbeing Newsletter



FEBRUARY: SELF LOVE

Welcome to this month's Aldingbourne School Wellbeing newsletter. This month's theme is **LOVE**.

Love yourself and others this February! As we have had Valentine's Day in February, get involved with by practising some well-needed self-care. As parents, it's easy to put the needs of your children and others before your own, but it's important to remember that showing yourself some self-love is essential for your wellbeing.

Taking time for yourself—whether it's enjoying a quiet cup of tea, indulging in a hobby you love, or simply resting when you need to—can help you recharge and feel more balanced. Practicing self-compassion and being gentle with yourself, especially during busy or challenging times, can also improve your emotional health. Remember, when you care for yourself, you're better able to care for your family. Make self-love a priority this month—it's not selfish, it's necessary.

February 17th, was Random Acts of Kindness Day. This special day provided an opportunity for our students to reflect on the power of kindness and the impact thoughtful actions can have on others.

We encourage everyone to participate by performing acts of kindness, whether big or small. Whether it be baking some biscuits for a neighbour or helping someone with their shopping. By spreading kindness, we can create a nurturing environment where everyone feels valued and supported. We hope this day inspires not only our students but also our wider school family to make kindness a daily practice. Check out this website for ideas! Rather than it just being a day, let's take it forward into the month of March too!

Quote of the month:

"Regardless of how anyone else feels about me, I am going to choose to be happy and completely love myself today." —Unknown

Book recommendations:

Children: *There's Only One You* by Kathryn Heling and Deborah Hembrook

Adults: *How To Stop Breaking Your Own Heart* by Megan Roxanne