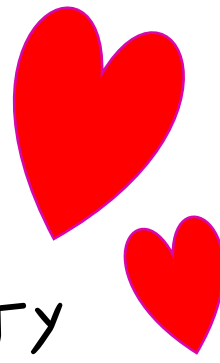


# Wellbeing Newsletter



## JANUARY: COMMUNITY

Welcome to this month's Aldingbourne School Wellbeing newsletter. This month's theme is community and looking out for others. As a school community we show each other kindness all the time and aren't we lucky we have such a welcoming and supportive school that forms part of our community.

I think as you enter a new year, you certainly reflect on what you can do to improve your own life- the dreaded New Years resolutions, which more often than not end up on the wayside come February. But what about what we can do for others?

During Covid, we were so good at thinking about others but over the past few years, this may have been bumped to the bottom of our to do list.

So let's try this month to consider others.

- Help an elderly neighbour take the bins out
- Send an appreciative text to a friend or family member
- Buy a coffee for the person behind you
- Call and chat to someone you think might be lonely
- Let a car go in front of you, particularly on a busy road
- Take the time to really listen to someone
- Give blood
- Make sure something is ethically sourced when buying it
- Donate coats and blankets to a homeless shelter particularly in the winter.
- Tell someone they are doing a good job- it might be a waiting staff, shop assistant or someone else in your community.

It's the little things that make a difference. You don't have to take giant steps but this January, it would be wonderful if we could share the love within our community.

### Quote of the month:

- "Alone, we can do so little; together, we can do so much" - Helen Keller.

### Book recommendations:

**Children:** Last Stop on Market Street, by Matt de la Pena

**Adults:** The Art of Gathering by Priya Parker

