



INSIDE THIS ISSUE

PG. 1

Wellbeing at Christmas, Info from Leeds

PG. 2

Christmas fair and useful links

PG. 3

Christmas prompts and reminders

Leeds Local offer for parents

We are nearly there folks! Hanging on as we plunge into the festive period. We want to give thanks to all our staff and pupils for sticking in there. We know there has been illness throughout school and we thank you all for your continual commitment, diligence, and support during what is often a difficult half term.

The end is in sight! We hope staff have enjoyed their wellbeing thank you treats left in their key areas. Furthermore, we hope you have taken pleasure in your experience of being a guardian angel for those of you who opted in.

We are looking to the year ahead with a positive outlook and spirit, but for now, we welcome you to take a well-deserved break and enjoy the festive period.

For anyone interested in donating to local food banks this year for people less fortunate than themselves at Christmas, please see below link to see what is local to where you are.

[The Trussell Trust - Stop UK Hunger](#)



LEEDS LOCAL OFFER

Leeds are excited to announce that on **Tuesday 28th March 2022 we will be hosting Leeds Local Offer Live 10am till 2pm at Pudsey Civic Hall.**

The event will be a market place style event for families with a child with special educational needs and/or disabilities to come and find out about SEND services and support available to them within the city.

We have the space for 60 service stalls available on the day, this includes a table and two chairs. If you would like to request a stall at the event please email the following information to LLO@leeds.gov.uk by Friday 1st December 2022 and we will confirm service stalls w/c 4th December 2022.

- Service
- Contact name
- Contact email
- Is electricity required?

The Christmas Fair

CHRISTMAS AT ST JOHN'S



We know it wouldn't be a wellbeing newsletter at this time of year, if we didn't give a nod to our Christmas fair. Jackie reports on this in full in the Christmas newsletter. Nevertheless, it has been wonderful to see the kindness and generosity of our staff, pupils and families with the donation of items and the money raised. We want to particularly thank everyone who played their part in making the day so special. *COUGH COUGH.....ESPECIALLY THE ELVES.....hmm I wonder who the author of this newsletter is 😊. In all seriousness, people giving up their own time at a difficult time of year, is truly appreciated. Jackie Peacock does an absolutely amazing job every single time. We are so grateful for her hard work, tenacity and commitment.*

Useful Links

Westfield Health wellbeing offer- [My Health - health and wellbeing services | Westfield Health](#)

Leeds City council free counselling support <https://bit.ly/LCC-EAP>

Mind Mate specialists for young people [MindMate - Emotional wellbeing and mental health](#)

Mind Links- Market leaders in mental health <https://mind.org.uk> or 03001233393

Why not try writing your own wellbeing action plan, Mental Health UK have a great tool to act as a guide. Please see attachment sent with this newsletter.

Mental Health UK also have an interesting booklets and resources for charity events and raising awareness

[Christmas and your mental health - Mental Health UK \(mentalhealth-uk.org\)](#)

A vibrant, decorated Christmas tree with yellow garlands, red and gold ornaments, candy canes, and a large yellow star on top, standing on a silver base.



The Christmas Quiz

Poetry to Ponder- Mental Health at Christmas!!

[illegible]

Christmas prompts and reminders

Mind advice on the best way to deal with Christmas stress.

Plan ahead

If you sometimes experience flashbacks, panic attacks or dissociation, make a note of what helps during these moments, and keep it with you.

If you're going to be somewhere unfamiliar for Christmas, think about what you need to help you cope. Are there things you can bring to make you feel more comfortable? Or is there somewhere you can go to take a break?

Certain places may feel very uncomfortable for you, for example if they bring back difficult memories. Could you plan to spend less time in difficult places, or not go at all? Are there any reasons that you could stay away?

Think about whether you really need to do things if you're not looking forward to them. Can you do them differently or for less time?

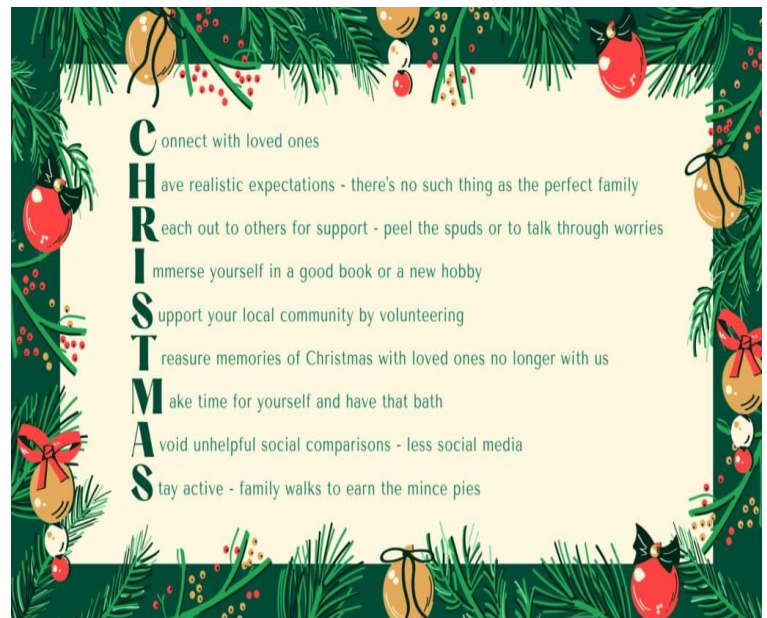
Make a list of any services that you might need and their Christmas opening hours.

If you're worried about feeling lonely or isolated this Christmas, think of some ways to help pass the time. For example, this might be doing something

creative or spending time in nature. If you can't be with the people you want to see in person, you could arrange a phone or video call to catch up with them on Christmas day. Or try to arrange a visit around Christmas, if there is a time when it's possible to meet.

Try to plan something nice to do after Christmas. Having something to look forward to next year could make a real difference.

A Christmas note



Final note from the Senior Leadership team:

Thank you for all your hard work and dedication to the young people we work with.

We hope you enjoy your Christmas treats left in the staff room for you all to enjoy.

We wish you a Merry Christmas and a Happy New Year.

We look forward to our wellbeing day together on 27th January.