

Chaigeley School

NEWSLETTER

Therapeutic Support for Parents & Carers

A big hello to you all from
the Juniper Therapy Team



We hope you had a good summer and are all ready for your children to be back at school. Last week was our return to school which was really positive with the children settling in to their new classes and getting to know new pupils and staff. It was lovely to see them all after the summer break with happy faces and also looking taller!

We hope that things run smoothly for all our parents, carers and the children however we know that this isn't always the case and we are here to support you and your child when things may not run so smoothly.

Please get in touch if you need any support, don't struggle in silence. Even if you just need to run something by us or need information or help we [ARE HERE FOR YOU](#).

We work as a team at Juniper Therapy, with our extensive experience and knowledge we are here to help in a non-judgmental way with families and children.



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September is Self-Care Awareness Month

Can you look at setting some time for **YOURSELF** this month? By putting yourself first, saying no when your busy, putting boundaries in place, will really help **YOU** to look after your physical, mental, emotional and spiritual well-being. Self-Care is important in managing stress, promoting health, boosting resilience and improving relationships. You are really worth putting yourself first so give it an extra try this month and see how you feel.

ACTION FOR HAPPINESS

Create more happiness in the world

Action for happiness is a charity that is creating a movement of people who are taking action to create a happier and kinder world. Their mission is to help people create a happier world with a culture that prioritises happiness and kindness.

Their latest research has 10 areas that tend to make life happier and more fulfilling:

- 1) **Giving-Doing** Kind things for others
- 2) **Relating-Connecting** with others
- 3) **Exercising-Taking** care of your body
- 4) **Awareness-Live** life mindfully
- 5) **Trying out-** Learning new things
- 6) **Direction-Have** goals to look forward too
- 7) **Resilience-Find** ways to bounce back
- 8) **Emotions-Look** for the good
- 9) **Acceptance-Be** comfortable with who you are
- 10) **Meaning-Be** part of something bigger

Pick one of these areas for September and give it a go. Self-Care isn't selfish it's essential.

Take a look at their website actionforhappiness.org. There is a 10 day happiness program, a whole calendar for September with self-care ideas. There's a free "action for happiness" mobile app you can download too!!