

Temple Mill SEND and wellbeing newsletter



Term 4 2024



Welcome to the Term 4 edition of our termly SEND and wellbeing newsletter. Each month, we aim to bring you practical strategies for supporting mental health and anxiety difficulties for any member of your family, as well as local services that you can access. We will also give you information for where you can go or who you can talk to if you have any concerns about your child's development.

Key dates for Term 4:

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|-------------------|--|
| 18th - 24th March | <u>Neurodiversity celebration week</u> |
| 18th - 24th March | <u>Sign Language Week</u> |
| 2nd - 8th April | <u>Autism acceptance week</u> |
| March 2024 | <u>National nutrition month</u> |
| 20th March | <u>International day of happiness</u> |

What is Neurodiversity?

When it comes to inclusion, neurodiversity refers to a world where neurological differences are recognised & respected as all other human variations.

Depending on how our brains are wired we think, move, process information & communicate in different ways. Many people in our community use neurodiversity as an umbrella term used to describe alternative thinking styles such as Dyslexia, DCD (Dyspraxia), Dyscalculia, Autism & ADHD. But regardless of labels, neurodiversity is about recognising those who think differently. And everyone can benefit from different thinkers!

Approximately 15-20% of population has a neurological difference. Instead of labelling people with deficits or disorders, when we use the term neurodiversity, we take a balanced view of an individual's unique strengths & challenges. Many 'challenges' neurodivergent people face are more to do with the environment and systems they are placed in, often designed by a majority population.

Click on the words below to find out more information about specific neuro-differences:

[ADHD](#) [Autism](#) [DLDD](#) [Dyscalculia](#) [Dyslexia](#)
[Dyspraxia](#) [Tourette Syndrome](#)

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National Nutrition Month

National Nutrition Month aims to raise awareness about the importance of making informed food choices. The campaign focuses on educating people on the benefits of eating a balanced diet and helping them develop healthier lifestyles.

What Does A Healthy Diet Look Like?

A healthy diet consists of eating a variety of foods from each of the 5 main food groups, in order to consume a wide range of nutrients. The 5 food groups are:

- Fruit and vegetables
- Starchy carbohydrates
- Proteins
- Dairy products
- Oils and spreads



How Do Our Food Choices Impact Our Mental Health?

Our mental health is just as important as our physical health; therefore, it is vital we fuel our bodies with the essential nutrients it needs. A study found that individuals who ate a balanced diet rich in fruit & vegetables had higher levels of wellbeing - highlighting the vital link between mental health & food.

Top Tips to Eating Healthy

A healthy diet is an important factor contributing to both your mental and physical health, therefore some ways you can eat healthier are:

Eat breakfast;

Avoid eating foods which affect your mood by causing your blood pressure to increase & decrease rapidly in large quantities - sweets, fizzy drinks & alcohol;

Drink plenty of water;

Eat your five a day;

Plan your meals & make dishes that include foods from variety of food groups;

Get involved in cooking your healthy meals from scratch as this makes it more enjoyable - also a great way to encourage your children to cook & eat healthily;

Make small changes to your diet gradually.

If you would like to learn more about the work Sustainable Food Places does in conjunction with Medway Food Partnership, click [here](#).

If you would like to join a Healthy Way 12 week course in Medway, click [here](#).

We will be holding our next SEND & wellbeing drop in afternoon on Thursday 21st March 2024 . Mrs Caselton & Mrs Gabriel will be in the Children's centre from 1:15-3:15pm with coffee and biscuits, please drop in when convenient.