

# Wellbeing at Loyola

Lent term 2025



Our wellbeing newsletter coincides with the National Wellbeing Week where we are looking at the theme, "Know Yourself, Grow Yourself!" Our wonderful school council and wellbeing prefect, Ajay, introduced this in our assembly, reminding us that it is okay to have different feelings including sadness and anxiety. We decided that there are so many things we can do to help ourselves and each other – just ask us and we will tell you!

*The whole school community raised awareness of wellbeing by participating in, "Dress to Express!" Staff and children came to school dressed in their own clothes considering how they wanted to express themselves and to dress in what makes them happy. It was fantastic to see everyone's outfits and hear about their choices!*

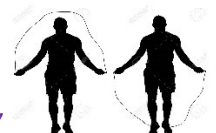
Miss Laura taught us how to practise our breathing by using a pretend cup of hot chocolate. We had to breathe in when we smelt it and blow out to cool it down.



This year we're exploring our theme **Know Yourself, Grow Yourself** in partnership with **Here4You**, supported by **The Walt Disney Company** and the **Inside Out 2** characters.



*As this week is Mental Health Week, the boys have been completing a variety of activities to learn a little bit more about how to support themselves and others including taking part in a wellbeing workshop. Next week, we are going to take part in skipping workshops to see how physical exercise can also help with our wellbeing - we can't wait!*



## How else can we look after ourselves and each other?

At Loyola, the boys and staff are great at being encouraging and we love hearing them do this. However, we can also help ourselves and each other in many different ways, one being with what we eat and the food we bring into school.

As a school community we have a number of people who suffer allergic reactions to everyday items and / or common foods. These can be life threatening. We must make sure that we follow the systems in place to safeguard each other. **We are a 'nut free' school and everyone has to work together to ensure this is the case.**

## What can the school community do?

**Check food labels before items come into school (no foods are allowed in school if they contain nuts or nut derivatives)**

**Be open about allergies, know who is allergic to what in your class (in school, we have photos identifying children and what they are allergic to in the classrooms, clubs and lunch hall)**

**Encourage your child not to touch other people after eating as allergens can be transferred through touch (and air)**

**Know that there is a difference between being allergic to something and being anaphylactic**

**Know that people with anaphylaxis will have an epi-pen, which must be used if having a reaction**

**Call 999 if in any doubt**

*Did you know that around 7% of children in the UK have some form of food allergy?*

**There is currently no cure for food allergies. Avoiding the allergen is the most important way to prevent a reaction.**



Watch this video to gain further insight: [Living with Anaphylactic Allergies | I Can't Go To School Today | BBC Teach](#) or visit the kids with food allergies website which has some great information. (Click [here.](#))

### Did you know?

Your diet consists of more than simply what you eat. It also refers to what you watch, listen to, engage with and who you spend time with. Essentially, your "diet" is anything that can

have an impact on you physically, emotionally or mentally. However, it is difficult as we now have so many distractions around us. A child of 5-6 years should be able to concentrate for **12-18 minutes**, an 11 year old **25-35 minutes** & teenagers **28 – 42 minutes**. However, the influence of social media, "gadgets" and busy lives is reducing this, with studies showing teenagers now focusing for only 65 seconds and office workers just 3 minutes! This shows that we need to engage our senses more and hit mute or pause on social media, gaming and gadgets! **Can you try to do this?**

## USEFUL APPS

### BREATHE THINK DO

is specifically for meditation but it's also great for introducing the concept of calming down through breathing. The app teaches the "Breathe, Think, Do" method.



### CHILDREN'S BEDTIME

MEDITATIONS anxiety, fear and stress can lead to sleeplessness. Tiredness can amplify negative emotions and a vicious circle can form. This app may help with sleep and calm.



### MINDFUL POWERS

is a mindfulness app aimed at children between 7 – 10yrs. The technique of mindfulness has been very positively received by many. Here, guided stories lead children towards calmness and focus, encouraging them to apply what they have learned in real life.



### What Are the Most Frequent Food Allergies?

Eight foods cause 90 percent of most food allergy reactions: milk, egg, peanut, tree nuts (e.g., almonds, walnut, pecans, cashews, pistachios) wheat, soy, fish (e.g., bass, flounder, cod) shellfish (e.g., crab, shrimp, scallop, clams). Allergies to peanuts, tree nuts, fish and shellfish tend to persist lifelong.



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