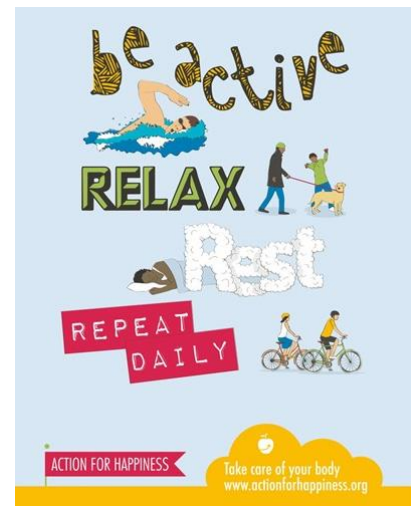


# Loseley Fields Wellbeing Newsletter

## Issue 5

### Physical Activity for Mental Health

Being active makes us happier as well as being good for our physical health. It can instantly improve our mood. We don't all need to run marathons, there are simple things we can all do to be more active each day (*see Mrs Day's challenges each week on Seesaw!*) We can also boost our wellbeing by unplugging from technology, getting outside and making sure we get enough sleep.



### 5 reasons why exercise and being outdoors are important:

1. It gives everyone a break from busy schedules – being out in the fresh air gives us time to relax, reflect and gives our brains a break. Everyone needs time away from demanding routines. Time to have fun and just play and enjoying life outdoors and doing something that makes everyone feel happy.
2. Sports and physical activity lowers anxiety – a little harder to do in these current times but there has been found to be a link between sports and activities and the significant improvement in mental, psychological and emotional wellbeing in children.
3. Being active has a positive impact on mental health
4. Helps top up our Vitamin D! – The sunlight is the best natural source for our bodies to produce Vitamin D, which releases serotonin in the brain – this helps regulate emotions and mood.
5. The outdoors relieves stress and anxiety – Time spent outdoors, which more people are doing in our current lockdown, is thought to help relieve stress and anxiety for children by reducing levels of the hormone cortisol in the brain.

As it is half term next week and we are all in need of a good rest, attached to this newsletter this week are **75** ideas for screen less activities that you can do while in lockdown. It would be great to see some pictures of you completing any of the activities. Send your pictures into [info@loseleyfields.surrey.sch.uk](mailto:info@loseleyfields.surrey.sch.uk).



#### External Support:

Surrey have a new Family Help Hub offering



**Surrey's Family  
Help Hub**

Support managing family life. To start with help is focused on children's Behaviour from babies to teens. They can help you find useful information, advice And support for those times when you need it: [www.surreysfamilyhelpclub.org.uk](http://www.surreysfamilyhelpclub.org.uk)