

# Wellbeing Wednesday

## Dear Parents, Carers & Families

Hello once again and welcome to our eleventh Wellbeing Wednesday of the year.

We've been focusing on happiness this week and thinking about the importance of trying to be happy every day and on making our own happiness – not waiting for happiness to find us.

We watched this short clip in tutor time that you might like to watch and discuss with your family:

<https://www.youtube.com/watch?v=kB1aoErPRWs>

Of course we cannot expect to be happy all the time – nobody is and it is important to recognise that, but we also want to support you if you have any concerns about your child's mood. If they seem low or 'flat' much of the time, or haven't seemed 'themselves' for a while, do let us know and we will do our best to help.



Remember also that there is lots of support signposted on the Wellbeing section of our website:

<https://thehalifaxacademy.org/health-wellbeing/>

As always, we are here if you need any support with wellbeing.

**Take care**

**Mrs George and the Wellbeing Team**