



# Wellbeing Newsletter

## Monday Motivators

Issue 4 October 12<sup>th</sup>, 2020

Each week we will focus on one of the 5 ways to wellbeing. This week we are going to “**be active**”. Can you spend this week focussing on how you can be more active?



Every time we are active it helps our wellbeing! What will you do to be more active this week?

### Family Get Active Ideas

1. Join a junior park run. (Tees Barrage 2.2km)
2. Create an obstacle course in the back garden- time it!
3. Go bug hunting!
4. Walk the dog together.
5. Go looking for conkers.
6. Tidy up to your favourite song.
7. Play a penalty shoot out.
8. Find music and movement activities on Kids YouTube.
9. Practice throwing, catching, pushing balls and bean bags.
10. Strengthen your arm lifting tins.

St. Gregory's

Monday Motivators

Nursery: Robyn/Noah

Reception: Oscar

Y1: Spencer

Y2: Matthew

Y3: Del

Y4: Ethan

Y5: Charlie

Y6: Thanushwin

Try these 10 Minute Shakeups: Change4life

There are so many to choose from!

<https://www.nhs.uk/10-minute-shake-up/shake-ups>



#### Anna's Clapping Dance

Anna's so happy it's her birthday that she can't wait to start celebrating. Can you make up a clapping dance for her?

2+ Players

297



#### Simba's Mighty Roar Jumps

You're going to be a mighty king. Time to work on your roar!

1+ Players

2,625

Wellbeing This Week!

This week we have all had a Mental Health Awareness day and focused on how we continue to be well. Ask your child to share what they have learned.

# MONDAY MOTIVATOR



*This certificate is awarded to:*

***Robyn***

*in recognition of*

**being a motivational member of Nursery**

*Signature: Mrs. Prescott*

*Date: October 5<sup>th</sup>, 2020*

# MONDAY MOTIVATOR



*This certificate is awarded to:*

**Noah**

*in recognition of*

**being a motivational member of Nursery**

*Signature: Mrs. Prescott*

*Date: October 5<sup>th</sup>, 2020*

# MONDAY MOTIVATOR



*This certificate is awarded to:*

*Oscar*

*in recognition of*

**being a motivational member of Reception**

*Signature: Mrs. Ashley and Mrs. Rooney*

*Date: October 5<sup>th</sup>, 2020*

# MONDAY MOTIVATOR



*This certificate is awarded to:*

*Spencer*

*in recognition of*

**being a motivational member of Year 1**

*Signature: Miss Quyoom*

*Date: October 5<sup>th</sup>, 2020*

# MONDAY MOTIVATOR



*This certificate is awarded to:*

***Matthew***

*in recognition of*

**being a motivational member of Year 2**

*Signature: Miss Cole*

*Date: October 5<sup>th</sup>, 2020*

# MONDAY MOTIVATOR



*This certificate is awarded to:*

*Del*

*in recognition of*

**being a motivational member of Year 3**

*Signature: Mrs. Tyson*

*Date: October 5<sup>th</sup>, 2020*

# MONDAY MOTIVATOR



*This certificate is awarded to:*

*Ethan*

*in recognition of*

**being a motivational member of Year 4**

*Signature: Mrs. Brookbanks*

*Date: October 5<sup>th</sup>, 2020*



# MONDAY MOTIVATOR



*This certificate is awarded to:*

**Charlie**

*in recognition of*

**being a motivational member of Year 5**

*Signature: Miss Craft*

*Date: October 5<sup>th</sup>, 2020*

# MONDAY MOTIVATOR



*This certificate is awarded to:*

*Thanushwin*

*in recognition of*

**being a motivational member of Year 6**

*Signature: Mrs. Wilson/Miss Ellis*

*Date: October 5<sup>th</sup>, 2020*