



WELLBEING

shout **85258** here for you 24/7

newsletter



Dear Parents and Carers

As we write our final wellbeing newsletter for the year, there are many things that we would love to celebrate with you all!

We have successfully taken part in a number of wellbeing events such as: Mental Health Awareness Week, Hello Yellow Day, Charlie Waller Fit4Feb activities and not forgetting the school achieving the Wellbeing Award which recognises all that the school does for wellbeing throughout our community.

We are sure that you are all looking forward to the summer break and spending time with your loved ones, but we wanted to take this opportunity to remind you of the importance of self-care and taking a moment to recharge. This month's newsletter provides lots of tips and links on how to recharge.

Finally, the wellbeing team would like to thank you all for your support with our events and our wellbeing curriculum. We look forward to working with you again next year!

Kind regards,

Miss Gilligan, Mrs Claydon, Mrs Kent, Mrs Whittet, Mrs Walsh and Mrs Bell

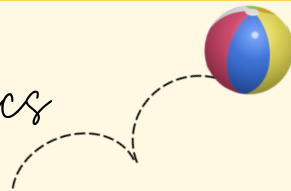
Anna Freud Support for Parents and Carers: <https://www.annafreud.org/parents-and-carers/>

Self Care Summer

Summer is the perfect time to relax and recharge so why not have a look at some of our suggestions below:

- Build a fort.
- Get outside.
- Play a board game.
- Have a picnic.
- Hold a family movie night.
- Learn to ride a bike.
- Paint a picture.
- Play with Lego.
- Take part in a new hobby.
- Spend time with your loved ones.
- Have lots of fun!

Bounce Back Topics



For the last few weeks of term, as a school, we have been looking at our final topic of the year, topic 10 - SUCCESS.

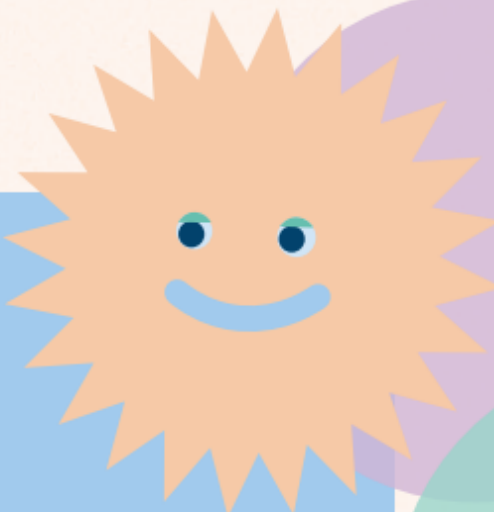
This topic aims to teach your child how to set goals and achieve them by making a plan, working hard, solving problems and not giving up. This in turn helps them to build life skills that are important for their future. These life skills build their self-confidence and motivation and enhance their ability to persist when they find things difficult.

Why not talk to your children about the successes they have had this year!

<https://stursulascatholicprimary.co.uk/mental-health-wellbeing/bounce-back-curriculum>

Young Minds Parent Hub:
<https://www.youngminds.org.uk/>

Self-care summer



for primary pupils

#SelfCareSummer

Relationships and connection

Spending time with friends and family is not only fun but can also be good for your wellbeing, especially if you are feeling sad or lonely.

Week 1

Resource

Play and entertainment

Making time to play can be part of self-care. Whether it's with friends, animals or through board games, all types of play and having fun is important.

Week 2

Resource

Relaxation

Summer can be busy with lots of plans, but remember to take time for you, to relax and do things you enjoy.

Week 3

Resource

Physical activity

Keeping active can boost your mood and wellbeing. Whether it's dancing, sports or going for a walk, you can do it your way.

Week 4

Resource

Creativity

Being creative can help you express yourself and relax, whether it's acting, cooking, drawing, writing or making music.

Week 5

Resource

Emotional health

Don't forget to be your own best friend and be kind to yourself. Some people find writing down their feelings can help to get things off their chest.

Week 6

Resource

The Anna Freud Website has a wealth of resources that may be of benefit to you such as:

[Self-care advice for Parents and Carers](#)

[Self-care planning booklet for primary pupils](#)

[Their Youth Wellbeing Directory](#)

Useful APPS



SMILING MIND is a collection of hundreds of meditations for a wide variety of ages and situations. There are grounding body scans, breathing meditations, and sensory exercises such as listening to music or tasting foods. There are complete programs for kids in different age groups.



BREATHE THINK DO specifically for meditation, but it's great for introducing young kids to the concept of calming down through breathing. The app teaches kids the "Breathe, Think, Do" method.



STOP BREATHE THINK With an emphasis on fun activities and meditations, this app is designed to help kids with focus, quiet, peaceful sleep, and processing emotions. Your little one will learn mindful breathing and the importance of checking in with herself. They'll also win stickers for completing "missions."



Dreamy Kid Meditation App Just for Kids includes child-friendly guided visualizations, affirmations, and meditations. Children can listen to selections for promoting relaxation, falling asleep more easily, focusing for school etc.

If you have any queries or questions, please contact the School Office.

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