

# Wellbeing Newsletter

## April 2025

Welcome to our  
Wellbeing Newsletter

This academic year we have started to use the Wellbeing Board to look at the 5 steps to help mental wellbeing; this term we have focused on being in the present/taking notice.

Taking notice can include enjoying the little things and appreciating the world around us, not worrying about the future and not dwelling about past regrets.

Some of the Year 4 children have created 'Me' cubes and 'I am happy when...' pictures, and what has been amazing to see is the simple things that make the children happy.

Happiness can be found in our families, a bowl of ice cream, playing with our friends, taking part in a sporting activity and many other things the variety of ideas was wonderful.



There are many different ways to take notice: perhaps a walk in a local park and notice the things around you; draw or paint a picture of something you have seen today or play I spy.



As spring has started it is amazing to see how our local area is changing: the simply beautiful blossom on the trees, vibrant daffodils bursting into bloom, and even the squirrels seem to have more energy. Why not head outside during the Easter break and see what you notice.

### Spring Self-Care Calendar

1 Experiment with clay. Try making some pottery or a 3D sculpture.	2 Visit a museum.	3 Try writing a quiz for your friends and family to take part in.	4 Eat your favourite food.	5 Watch one of your favourite films or a brand new one!	6 Reflect on something you are really proud of.	7 Go swimming.
8 Make a tie-dye T-shirt.	9 Read a book.	10 Visit the park.	11 Write a letter to yourself in a week, month or year. What do you hope to achieve by then?	12 Cook a delicious meal for your family.	13 Sing.	14 Write a poem.
15 Have a phone, video or in-person conversation with a person you haven't spoken to in a while.	16 Keep a sleep diary over the course of a week to check if you're getting enough sleep each night.	17 Play an outdoor game with friends or family.	18 Keep a food diary.	19 Try stargazing.	20 Do some exercise.	21 Put on some calming music and colour in some colouring pages.
22 Make a time capsule that includes information about your life today. Keep it somewhere safe.	23 Try meditation.	24 Draw a picture to show the best thing that happened today.	25 Take five minutes to just sit still and breathe.	26 Have a screen-free day.	27 Go for a walk with a friend or family member. Explore somewhere you haven't been before.	28 Do something that never fails to make you laugh.
29 Give a loved one a hug.	30 Get up early to enjoy the sunrise.	31 Take a photo of something that makes you smile.				

