

Wellbeing Newsletter

July 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 giving to others.

When we talk about giving, we often think of gifts or donations, but there are many other meaningful ways we can give—our time, our kindness, our attention. These simple everyday actions help build a more caring school community and support everyone's wellbeing including our own.

Research shows that giving to others can: improve our mood; reduce stress; and help us feel more connected. It doesn't have to be big or complicated—sometimes the smallest gestures have the biggest impact.

The Year Six children have been exploring just how powerful small acts of generosity can be. They have designed some beautiful flowers describing all the ways they give to others.





Here are some of the ways we can encourage our children and ourselves to give:

- Helping a friend who needs support
- Offer a kind word or compliment
 - Taking time to really listen
- Sharing a smile, a game, or an idea
- Thinking about how we can brighten someone's day.

It is heart-warming to see so many acts of kindness taking place within our school.

Summer Holiday Challenge

You might like to talk together about how you can give to others in small ways each day.

Some simple ideas include:

- Saying thank you or telling someone what you appreciate about them
 - Helping out at home without being asked
 - Making a card or drawing to cheer someone up
 - Giving your full attention when someone is speaking.

Together, we can create a culture of kindness where everyone feels valued and supported.

Let's keep giving— not because we have to, but because we can.

