

Wellbeing Newsletter

July 2026

Welcome to our
Wellbeing Newsletter

Relax and Recharge

Summer is a great time to relax, have fun and make happy memories. Taking time to recharge helps us return to school feeling refreshed, confident and ready for new adventures.

Here are some relax and recharge activities:

Nature Treasure Hunt

Head outside and see if you can find:

A leaf bigger than your hand

Three different flowers

A mini beast

A smooth stone

A feather

A cloud shaped like something interesting



Create a summer memory jar

Write or draw one happy memory each week on a small piece of paper and pop it into a jar. At the end of the holidays, enjoy reading them together.

Summer Reading Challenge

Find a cosy spot and enjoy reading every day—even just 10 or 15 minutes counts! Visit your local library or swap books with friends.



Rainbow Fruit Kebabs

A colourful and healthy snack that's fun to make!

You will need:

- * Strawberries
- * Grapes
- * Melon
- * Pineapple
- * Kiwi
- * Blueberries
- * Wooden skewers

What to do:

- * Wash and prepare the fruit.
- * Carefully thread different fruits onto the skewers.
- * Enjoy with a pot of natural yogurt for dipping.



Family Wellbeing Ideas

- * Go for a family bike ride or walk
 - * Have a picnic in the park
 - * Enjoy a board game evening
- * Treat yourselves to a homemade smoothie or healthy ice lolly

Summer Wellbeing Reminders

- * Drink plenty of water
- * Wear sunscreen and a hat
 - * Get lots of sleep
- * Keep active by playing outside
- * Remember it's ok to have quiet days

