

Welcome to our
Wellbeing Newsletter

This term we have used the Wellbeing Board to
look at the 5th of the 5 steps to wellbeing:
Keep Learning.

Did you know that trying something new can be
great for your wellbeing?

Research shows that learning new skills can:

Boost your confidence

Help you feel proud and purposeful

Give you chances to connect with other
people.

Even small steps count! You don't need lots of
time or special equipment — learning happens
everywhere.

Why does learning helps us feel good?

When we challenge ourselves with something
new, our brains grow and we feel a sense of
achievement. It can even help us discover
talents we didn't know we had!



This term some of the children have shared book
reviews and fact findings, created wordsearches,
tried new activities and visited new places. Our
school is full of children who **LOVE** to learn!

Ideas to Try at Home or School

Here are some fun and simple ways to bring new learning into your day:

Get Creative in the Kitchen

Try cooking something new together. Exploring different ingredients can be a tasty way to learn about healthy eating!

Take On a New Challenge

Try a new responsibility — maybe helping a friend, supporting a younger pupil, or practising a new skill like presenting or leading a group activity.

Have a Go at DIY

Could you help mend a toy, fix a bike, or build something small? There are lots of child-friendly ideas online.

Try a New Hobby

Start a blog, learn a sport, paint a picture, or pick up a musical instrument. Anything that helps you explore something new counts.

Holiday Challenge

Choose one new skill you'd like to try — big or small — and give it a go!

You might surprise yourself with what you can do.

WISHING EVERYONE A HAPPY EASTER BREAK!

