

## Charles Darwin Community Primary School



### Wellbeing Newsletter

Summer 1

We hope you all had a lovely Easter break and are feeling rearing and raring to go. It's hard to believe that we are already beginning the final term of this academic year! We will hopefully begin to see the weather improving and becoming warmer.

#### Key Dates:

Earth Day- 22<sup>nd</sup> April

National Walking Month- May

International Day of Families- 15<sup>th</sup> May

Mental Health Awareness Week - w.b.15/5/23



#### Action for Happiness

Calendar: Active April



#### Themes:

Week 1: Welcome back

Week 2: Red

Week 3: Orange

Week 4: Yellow

Week 5: Green

Week 6: Blue



#### Support:

The Mental Health, Positivity and Wellbeing tab on the school's website has many resources, including a monthly Action for Happiness Calendar.

[https://www.bbc.co.uk/bitesize/articles/z63htrd?utm\\_source=google&utm\\_medium=cpc&utm\\_campaign=wellbeing](https://www.bbc.co.uk/bitesize/articles/z63htrd?utm_source=google&utm_medium=cpc&utm_campaign=wellbeing)

<https://www.mind.org.uk/information-support/a-z-mental-health/>

<https://www.youngminds.org.uk/parent/>

#### Move More!

Regular exercise can lift your mood and increase your energy levels. It doesn't have to be strenuous or sporty to be effective. Now that the days are warmer and longer, it's time to get outside and get active! Pick something you enjoy so you're more likely to stick with it. For example:

- Going for a walk
- Going for a bike/ scooter ride
- Meditation/ yoga
- Den building with a friend
- Playing games in the park



Find more activity ideas here: <https://www.nhs.uk/healthier-families/activities/>