



Wellbeing Newsletter

Summer 2

Hello everyone! Can you believe that we are in the last half term of the school year?! It feels as if this year has flown by, yet so much has been packed in since September! We hope all children and teachers enjoy the final term together, especially our Year 6 leavers.

Key Dates:

World Environment Day - 5th June

World Refugee Week- w.b.19/6/23

World Music Day- w.b.21/6/23

Plastic Free July

Thank You Day- 2nd July



Action for Happiness

Calendar: Joyful Tune



Themes:

Week 1: Welcome back

Week 2: Pink

Week 3: Compassion

Week 4: Purple

Week 5: White

Week 6: Togetherness

Week 7: The show must go on



Support:

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

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/>

Taking notice is all about remembering the simple things that make you happy. This could be things like:

- Sleeping in a freshly made bed.
- Feeling the sun on your face.
- People saying "thank you" or a random act of kindness from a stranger.
- Having time to yourself
- Laughing with a friend
- Snuggling on the sofa with a loved one
- Being with friends and family

