

The Wellbeing Newsletter

Feb 25

Welcome to our monthly newsletter which highlights all of the brilliant wellbeing resources that are available to our school community.

At Garton Primary School, our pupils and parents can speak to teachers if they need support.

Children's Mental Health Week - 3rd to the 9th February

<https://www.childrensmentalhealthweek.org.uk/>

Theme: Know Yourself, Grow Yourself



Tips for Families

Encourage journalling - encourage your older children to express their emotions and thoughts through journalling. It can be less confronting than speaking out loud and is a helpful way to process what is going on.

Practice mindfulness - Try mindful activities, and quiet family time, to enjoy being in the present moment. This can help children and young people be aware of their thoughts and emotions.

Communicate- Feedback is crucial for helping us see our blind spots and gain greater insight.

Make space for reflection - When children and young people reflect on their different emotions, it can help them better understand themselves and what they need. Go for a walk, drive, or try some mindful colouring or baking together.

Be visual - Use imagery, such as emojis or flashcards to help children and young people recognise and label their feelings.

Action For Happiness Calendar - Friendly February



Support in School

Who can pupils and parents talk to?

Mr Baxter (Headteacher)
Mr Harrison (Youth Mental First Aider)
Mrs Blades (ELSA)
Teacher and Teaching Assistants

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Keeping Active!

Active Families – Try these activities at home with you family and friends

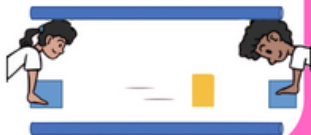
Air Hockey



What you need: Two players, two towels, three tupperware lids.

How to play:

- Use a flat smooth surface.
- Roll the towels up and place them 1m apart to act as the sides of the table.
- Players remain opposite one another at either end of the table.
- One tupperware lid is used as the 'puck'.
- Players have one tupperware lid each that they can use to stop and push the puck.
- Players score points by pushing the puck past their opponent.



First to 15 wins.

Catch Tennis



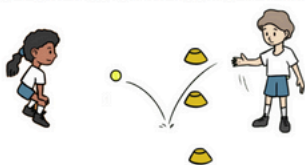
What you need: two players, three markers and a ball

How to play:

- Create a net through the middle using your markers.
- Stand on either side of the net.
- Take turns to throw underarm over the net.
- Try to catch the ball before it bounces twice.

To win a point:

- Partner throws the ball and it bounces on their side of the net first.
- Partner does not catch the ball before it bounces twice.



Local Clubs / Activities

Driffield RUFC Junior Section

Driffield Junior FC

Wolds Gymnastics Club

Driffield Town Cricket Club

Driffield Lawn Tennis Club

Driffield Hockey Club

Active Coast –

<https://www.eastridingcoastandcountryside.co.uk/coast/active-coast/>

Clubs in School

Multi-Sports – Tuesday After School

Choir – Thursday Before School

Musical Theatre – Thursday After School

Skipping Club – Friday Lunchtimes

Wetwang Circular

Length - 6.9km

