The Wellbeing Newsletter

Dec 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.

Wellbeing App of the Month

Moshi - Moshi, the award-winning app designed for kids, offers a rich library of bedtime stories, educational games, and soothing sounds.

Wellbeing Book of the Month

A reassuring picture book encouraging children to open up about their fears and anxieties to help manage their feelings.
The perfect book to soothe worries during stressful times.

Action For Happiness Calendar - Do Good December

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 -

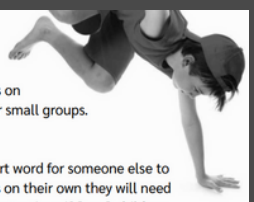
Try these activities at home with you family and friends

KINGS AND EMPERORS

1 Give each child a soft ball which they hold between their knees, this is their egg, and they must protect it.
2 Play with your child or if more than 2 players, form teams of King Penguins or Emperor Penguins.
3 Set up two nests for each penguin team for e.g. a spot at each end of the lounge.
4 Stand children at one end of working area.
5 On 'go', they must jump, holding the ball between their knees and make it to the other side.
6 If they drop the ball en route, they must bring their ball back and start again.
7 They must drop the ball from their knees to the target nest.

Extension:
Change the type of ball e.g. bigger or use a balloon. Try a variety of objects such as pillows, teddies or loo rolls! If they are getting good, try and get them out by rolling a soft ball along the ground and hitting the feet or legs.

HUMAN ALPHABET



- Children should move around the area, e.g. jogging, side steps, this could also be performed to music.
- Initially, pupils should work individually to replicate a letter called out.
- Start with simple letters such o, h, s.
- Children can perform the shape of the letter standing or lying on the floor, which ever way allows them to represent the letter best.
- Once children have got the idea, they can then perform letters on command in pairs or small groups.

Extension:
Can they spell a short word for someone else to guess? If the child is on their own they will need to do this one letter at a time, if 2 or 3 children they can spell short words together.

Staying active this winter helps boost mood and energy. Short walks, indoor games and quick stretches all make a difference – enjoy moving together as a family!

Local Clubs / Activities

Driffield RUFC Junior Section

Driffield Junior FC

Wolds Gymnastics Club

Driffield Town Cricket Club

Driffield Lawn Tennis Club

Driffield Hockey Club

Driffield Junior Striders - Athletics Club

Driffield Karate Club

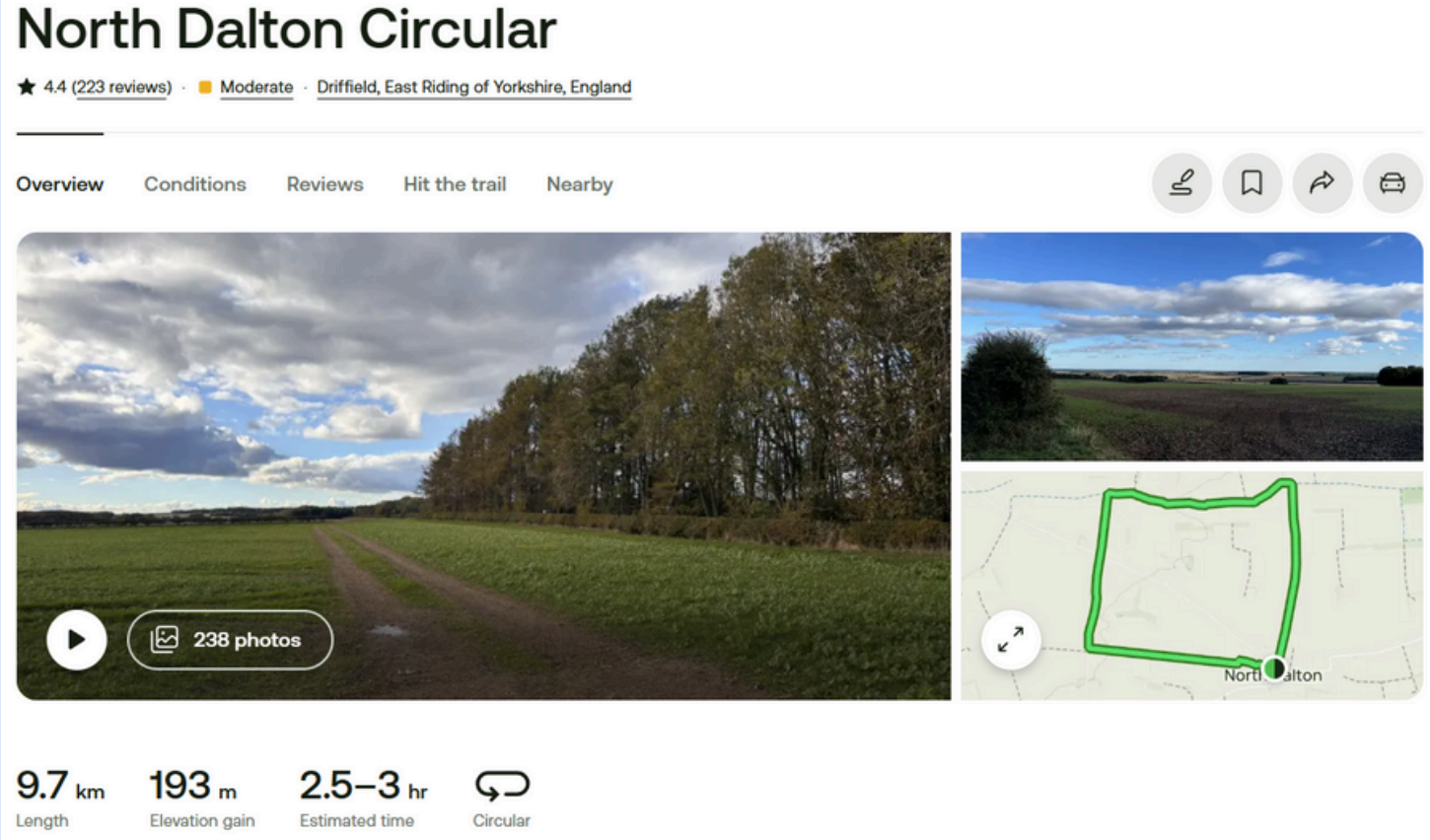
Clubs in School

Multi-Sports - Tuesday After School

Choir - Thursday Before School

Musical Theatre - Thrusday After School

Skipping Club - Friday Lunchtimes

Explore Local Walks with AllTrails

AllTrails is a free app that helps families find safe, child-friendly walks nearby. You can see photos, maps and difficulty levels before you go, and the app tracks your route so you don't get lost. It's an easy way to discover new places to explore together – like this month's featured walk in North Dalton!