

The Wellbeing Newsletter

March 26

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



Headspace - a wellbeing app that helps users improve their stress, sleep, focus and relaxation. It contains meditation tools for all ages, including kids and teens.

Wellbeing Book of the Month



A powerful story that reminds children that mistakes are part of learning. With patience, practice and a positive mindset, we can all grow and achieve things we once thought we couldn't - yet!

Action For Happiness Calendar - Mindful March



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 –

As the days get lighter and spring arrives, it's a great time to get moving together as a family!



1. 10-Minute Evening Walk

After dinner, head out for a short walk around the village.

Challenge: Spot 3 signs of spring (buds, lambs, birds, flowers).



2. Garden Obstacle Course

Use cones, sticks, buckets or footballs to create a mini course.

Time each other and try to beat your own score.



3. Family Step Challenge

Set a weekly target (e.g. 50,000 steps as a family).

Track steps on phones or watches and celebrate when you hit your goal.

Even small bursts of activity can boost mood, improve sleep and increase energy levels. Try setting aside a little time each week to head outside, explore your local area or take on a fun family challenge.

Moving more doesn't have to be complicated – it just needs to be consistent!

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 – Thursday After School

Skipping Club – Friday Lunchtimes

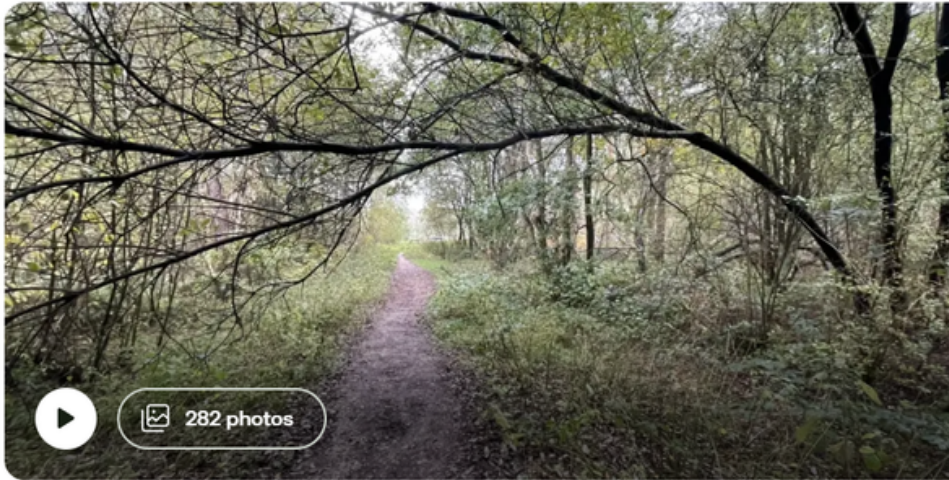
Explore Local Walks with AllTrails

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 Allerthorpe!

Allerthorpe Wood Circular

★ 4.6 (452 reviews) · ● Easy · York, North Yorkshire, England

Overview Conditions Reviews Hit the trail Nearby



4 km Length 150 m Elevation gain 1–1.5 hr Estimated time ↻ Circular