

The Wellbeing Newsletter

Jan 23

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.

App of the Month

Headspace



Headspace teaches mindfulness meditation principles to improve wellbeing.

<https://www.headspace.com/>

Health for Kids offers a fun, engaging and interactive way for children to learn about health. Find games, articles and lots more right here.

<https://www.healthforkids.co.uk/>

Resource of the Month



Action for Happiness

Write a list of things you feel grateful for and why

Support in School

Who can pupils and parents talk to?

Mr Baxter (Headteacher)

Mr Harrison (Youth Mental First Aider)

Mrs Spencer (ELSA)

Teacher and Teaching Assistants

Keeping Active!

Active Families

Activities to help you and your family move at home:

Cards fitness fun



What you need: Pack of cards

People: 1 or more



How to play:

- Assign each suit to an exercise e.g. clubs are sit ups, spades are burpees, hearts are lunges, diamonds are squats.
- Place all cards face down. Choose a card at random. Complete the number of each exercise for the suit e.g. 10 of diamonds would be 10 squats.
- If a face card is chosen, run on the spot for 30 seconds.
- Can you complete the pack.

Balloon volleyball



What you need: 1 balloon

People: 2 or more

Play: Inside or outside



Ways to play:

1. Everyone must be seated. Together, try to see how many times you can volley the balloon to each other.

OR

2. Play 1v1 or 2v2. Create a net, you could use a skipping rope or chairs. Play against each other over the net. If the balloon hits the floor on your side, the other team win a point. If you hit the balloon and it doesn't go over the net, the other team get a point. Each side is allowed up to three touches on their own side of the net before the balloon must go over.

School Clubs

Monday before school – Wake up, Shake up.

Tuesday after school – Multisports Club

Wednesday after school – Boxercise Club

Thursday after school – KS2 Performing Arts Club

Friday lunchtime – Active lunchtimes

January Checklist

- Switch off all your tech for at least an hour before bedtime.
- Complete a yoga session (YouTube)
- Go outside and notice 5 things that make you happy.
- Try something new to get out of your comfort zone.