

The Wellbeing Newsletter

June 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

SafeSpot



SafeSpot is an app that promotes positive wellbeing in children and young people and has been designed to help children with their coping skills.

Public Health England Every Mind Matters is a resources aimed at supporting everyone to feel more confident in taking action to look after their mental health and wellbeing by promoting a range of self care actions.

Resource of the Month



Action for Happiness



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:

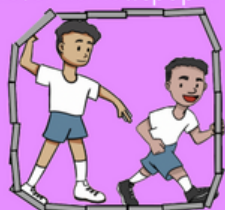
Hamster wheel



What you need: Sellotape, newspaper, 1 or more players

How to play:

- Make a giant circle, big enough for all players to stand inside, by sellotaping the newspaper sheets together.
- All players stand inside the circle like hamsters in a wheel.
- Can you work together to move the newspaper like a wheel without it breaking?
- Option to play this 1v1. Make two wheels and have a race.



Communication is key!

Get dancing!



Put your favourite music on and dance around to it for the whole song.

OR

Make up a dance and perform it to friends and family! Use counts of 8 for a really slick performance.



School Clubs

Tuesday after school – Multisports Club

Wednesday after school – Summer Sports Club

Thursday after school – KS2 Performing Arts Club

Friday Lunchtime – Active Lunchtimes

June Checklist

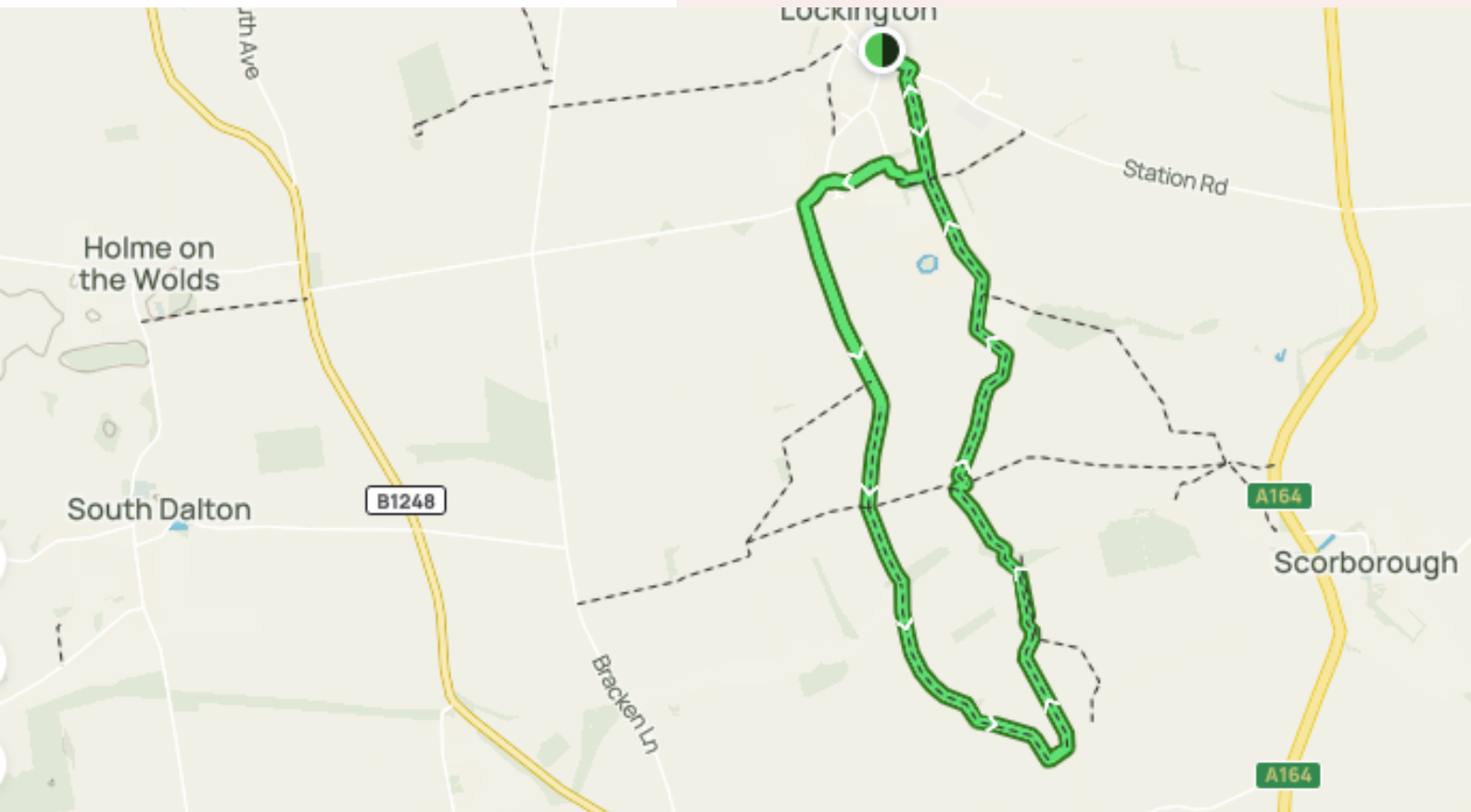
- Watch something funny and enjoy how it feels to laugh.
- Write a gratitude letter to thank someone.
- Take a photo of something that brings you joy and share it.
- Find joy in music: sing, play, dance, listen and share.

Lockington and Bealy's Lane

Length
7.1 km

Elevation gain
70 m

Route type
Circular



Try this 7.1-km circular trail near Beverley, East Riding of Yorkshire. Generally considered an easy route, it takes an average of 1 h 29 min to complete. This is a very popular area for hiking, running, and walking, so you'll likely encounter other people while exploring.