

The Wellbeing Newsletter

Feb 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

Go Explore from CBeebies



Your Mindful Garden is one of a suite of activities for young children in the CBeebies Go Explore app, encouraging young children to grasp basic mindfulness techniques to improve their wellbeing through short, simple activities.

Place2Be has wellbeing resources for families to help you start conversations with your child, and encourage you to enjoy quality time together as a family. All of which are important for your wellbeing.

<https://www.place2be.org.uk/our-services/parents-and-carers/wellbeing-resources-for-families/>

Resource of the Month



Action for Happiness

Try out
something new
to get out of
your comfort
zone

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:

Alphabet scavenger hunt



What you need: One or more players, a piece of paper, a pen and a stopwatch / clock.

How to play:

- Find an object beginning with the letter A, bring it back to your start point and write the word of the item on your sheet.
- Continue for the entire alphabet.
- Playing against someone else? Who can complete the alphabet in the quickest time?

How quickly can you find the alphabet?



7 minute workout



What you need: 1 clock or stopwatch

What to do: complete each exercise for 30 seconds:

- Jog on the spot
- Star jumps
- Lunges
- Tuck jumps
- Press ups
- High knees
- Squats
- Plank
- Burpees
- Side plank
- Mountain climbers
- Side plank on the other side
- Sit ups
- Heel flicks



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

February Checklist

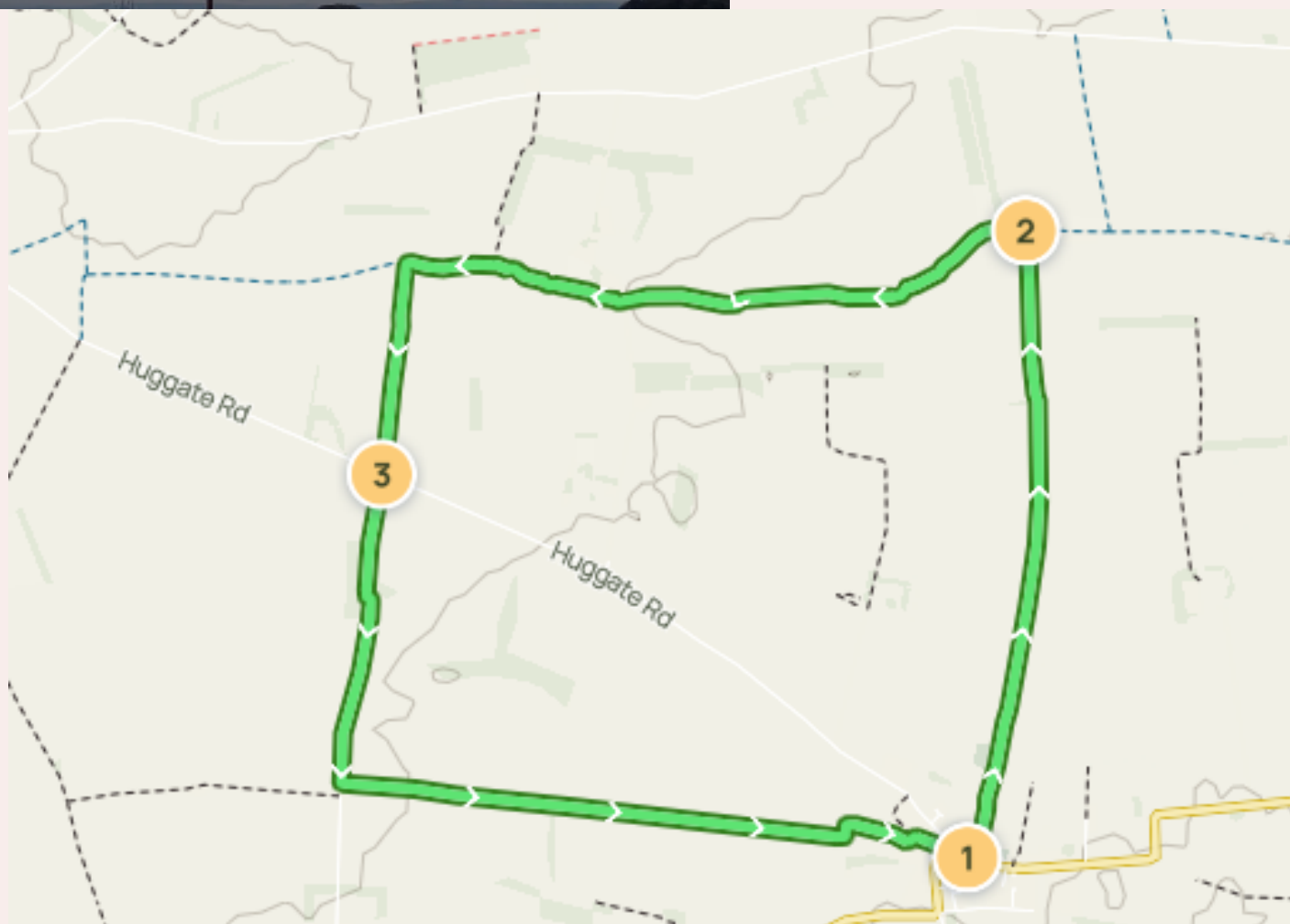
- Spend time practising something you want to get better at.
- Help prepare and make a meal at home (use an ingredient you haven't tried before)
- Complete the walk recommended on the next page.

North Dalton Circular

Length
9.8 km

Elevation gain
168 m

Route type
Circular



1 Start to Deep Dale

In North Dalton, by the red brick walls of Westwood House, look for the public brideway sign along a driveway to Centre House Farm. With farm buildings to the right continue straight ahead towards a large waymarked metal gate. Pass through the gate and continue onwards along a track, initially with animals grazing on both sides – the livestock is fenced off, but it may be an 'on the lead' period! The track heads north past the cricket ground and portakabin changing facilities and along chalk, flint terrain for about a mile and-a-half. Pass through another gate with a blue waymarker and stay on the track – avoiding the gap into the field on the right. The track rises, with open fields on both sides and passes some trees to the left before becoming greener as it drops down alongside a wire-and-post fence. Just after the fence ends, the path turns downhill to the left, angling towards a gate with a blue waymarker. Pass through and immediately turn left through another waymarked gate, on to a green track.

2 Deep Dale to Road Crossing

Continue ahead in a westerly direction along the edge of fields through Deep Dale. Follow the blue arrows as the track turns left then right, before heading along the other side of the hedge towards Haywold Farm. Pass a public brideway junction before walking a short stretch along a concrete path. The path soon becomes green again as it bears left at a gap in the hedge. Ignore a path to the right and continue ahead to another public brideway junction. Follow the sign to the left, along a green path with hedges on both sides. The path reaches the road between North Dalton and Huggate, where cars may be parked – some dog-walkers like to start and finish here.

3 Road Crossing to End

Cross the road and following a public brideway sign, continue along a concrete driveway, past some farm buildings towards Arden Fleets Farm. After around 0.75 miles, turn left following a footpath sign for the Minster Way. This path heads along the edge of fields, alongside hedgerows, back towards North Dalton. At the end of the hedge, follow the yellow waymarkers left then right back into the village. A Minster Way public footpath sign points the way past Tithe Farm and the church. All Saint's Church stands presiding over the village. It has a Norman doorway and the arch between the nave and the chancel also comes from that period. There is a low embattled tower and the most beautiful stained glass window at the west end in which the cross is depicted as a tree, at the west end are three lancet windows. You will emerge back to the main road in North Dalton where the walk began.