

The Wellbeing Newsletter

Mar 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 Noodle – Kids Videos



GoNoodle Kids encourages kids to get up and get their bodies moving, making screen time active with 300+ dance videos, yoga exercises and mindfulness activities for kids.

MindEd

An online learning and advice resource for anyone interested in, or concerned about, the mental health of children and teenagers.

Resource of the Month



MindEd

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:

Air Hockey



What you need: Two players, two towels, three tupperware lids.

How to play:

- Use a flat smooth surface.
- Roll the towels up and place them 1m apart to act as the sides of the table.
- Players remain opposite one another at either end of the table.
- One tupperware lid is used as the 'puck'.
- Players have one tupperware lid each that they can use to stop and push the puck.
- Players score points by pushing the puck past their opponent.



First to 15 wins.

Home base 1, 2, 3



People: 2 or more

How to play:

- One person starts at a home base and counts to 60.
- All other players hide.
- Once the counter has finished counting they attempt to find the players who are hiding.
- All players who are hiding attempt to get back to the home base without being tagged by the counter.
- If they make it back to the home base, they shout 'home base 1, 2, 3.'
- The first player caught by the counter becomes the counter on the next round. If all players successfully make it home without being caught, the same counter counts again.

School Clubs

Tuesday after school – Multisports Club

Wednesday after school – Netball Club

Thursday after school – KS2 Performing Arts Club

March Checklist

- Keep hydrated – set a target to drink enough each day (5 cups)
- Fit in a daily walk to boost your step count (children are recommended to complete 12-15,000 steps a day)
- Complete the walk recommended on the next page.



Driffield to Nafferton Circular

Length	Elevation gain	Route type
9.2 km	236 m	Circular

