



Wellbeing at The Reddings

Newsletter 6

12 February 2021

Hello,

In this newsletter I want to highlight some the things we have coming up to support our children next half term and also signpost you to Wellbeing resources which have been added to our school website

JIGSAW assemblies

The theme for next half term is 'Healthy Me'. This theme covers the following:

- Week 1: Being healthy – Have made a healthy choice
- Week 2: Healthy choices – Have eaten a healthy, balanced diet
- Week 3: Clean and healthy – Have been physically active
- Week 4: Medicine safety – Have tried to keep themselves and others safe
- Week 5: Road Safety – Plus, know how to be a good friend and enjoy healthy friendships

5 Ways to Wellbeing



Next half term we will also be focussing on the 5 Ways to Wellbeing. We will focus on one area a week. There will be a weekly recorded assembly which will be uploaded onto our Website and links shared on Seesaw.

Bedtime Stories

We are aware that some of our children are having trouble sleeping at this time we have added links to popular bedtime stories about going to sleep on our school website:

<https://reddingsprimary.wordpress.com/links/bedtime-stories/>

Imaginative Relaxations

These can also be used to try to help children drift off to sleep, or at any time when a bit of 'calm' and quiet might be needed. These are in the JIGSAW section.

<https://reddingsprimary.wordpress.com/links/jigsaw/>

Three Good things

An idea to promote wellbeing and help us see that there is some good in every day is to write down three good things that have happened that day. This could form part of the bedtime routine and enable your child to go to sleep in a positive state of mind, putting aside any negatives from the day. The idea is that by writing them down in a little notebook the children can then refer back to these and see all the good things that happen every day. This is something us as adults can do too!

Bottle Challenge

The bottle challenge encourages children to look forward to better times ahead when we come out of Lockdown. The idea is that they can draw something they are looking forward to on a template of a bottle, a bit like a message in a bottle.

We are hoping to display some of these in school. More information about this will be coming from Miss Prickett.

<https://mobile.twitter.com/GMB/status/1357583775144828928>

<https://www.bottlemoments.com/templates>

I hope you will find these resources helpful for you and your children.

Happy half term

Take care and keep safe,

Eileen Murphy

Assistant Head for Inclusion

Mental Health Lead