



Wellbeing Newsletter Spring 2 - 2023

Welcome to our Spring 2 edition of the Wellbeing Newsletter! Unbelievably, we have virtually made it the end of the second term and the Easter break is upon us! We hope you have a fantastic break and enjoy opportunities to practise wellbeing and mindfulness, especially for our Year 6s (and Year 2s) in the lead up to their SATs next half term. While we always want to celebrate academic success at Barrow Hedges, we also recognise just how important looking after our mental health and wellbeing is.

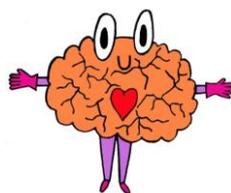
Please continue to look at the activities and links in this newsletter, including the five ways of wellbeing and the suggested Easter activities links. Once again, we hope you have a lovely break and return well rested for the Summer term!

Miss Swinfield – Mental Health Lead

Five Ways to Wellbeing

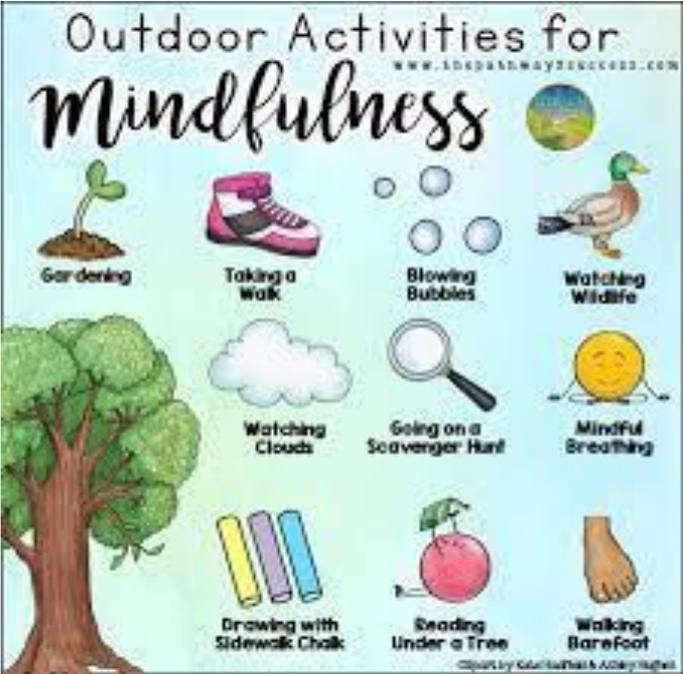
Think about the 'Five Ways to Wellbeing' approach which is about how simple positive actions can contribute to and boost feelings of wellbeing. Each of these actions or ways can have a beneficial impact on your child/ren's wellbeing. More ideas/activities will be added in the next newsletter.

Connect	Be active	Take Notice	Keep Learning	Give
<p style="text-align: center;">Family Lunch</p> <p>If you're able to, take the time to share a family lunch and share with your children the best successes they have had this term. What are they looking forward to in the summer term?</p> <p style="text-align: center;">No Device Dinner</p> <p>Make the decision to turn off all electronic devices for an hour and investing in face-to-face conversations.</p>	<p style="text-align: center;">Outside Hour</p> <p>Over the Easter break, make sure you're spending at least one hour outside per day.</p> <p>You could take the time to explore your local area, go to the park or play a sport.</p> <p style="text-align: center;">Easter Egg Hunts</p> <p>Why not consider taking part in one of the local easter egg hunts on offer? An easy and fun way to stay active!</p>	<p style="text-align: center;">Cosmic Yoga</p> <p>Take part with your children in a cosmic yoga workout video designed to help you centre yourselves and be fully present in the moment.</p> <p style="text-align: center;">Nature Walks</p> <p>Explore the local area and beyond with a particular focus on the changing of the seasons: what can you see/ smell/ hear that is starting to change?</p>	<p style="text-align: center;">Take part in Easter Learning</p> <p>Try a new skill or get involved with learning activities in London and the surrounding area – go to Piccolo Explorer for more ideas.</p> <p style="text-align: center;">Share your learning from Spring 2</p> <p>Take the time to revisit the knowledge organisers on our website with your children so they can share learning from this term.</p>	<p style="text-align: center;">Volunteer in the local community</p> <p>Take part in local initiatives that support our local area such as the litter picking that takes place around Oaks Park.</p> <p style="text-align: center;">Random Acts of Kindness</p> <p>Find opportunities to show kindness to the people in our local community – even gestures as small as a smile have been found to change people's outlook each day!</p>





Mindfulness



HEARTBEAT EXERCISE

Ask your child to stand up and either jump up and down or do jumping jacks for one minute.

At the end of that minute, have them place their hand on their heart and pay attention to how their heartbeat and their breathing feels.

5 Mindfulness Exercises You Can Do Anywhere



BODY SCAN



MINDFUL SEEING



MINDFUL LISTENING



MINDFUL BREATHING



5 SENSES EXERCISE

Useful Links

- <https://piccoloexplorer.com/easter-in-london-with-kids/>
- <https://www.timeout.com/london/kids/activities/the-best-easter-activities-for-kids-in-london>

- Easter Activities**
- <https://anzuk.blog/10-free-easter-activities-for-early-years-primary-school-kids/>
 - <https://calmahoykids.co.uk/2021/03/20/calming-easter-activities-for-kids/>

