



BLANFORD WELL-BEING BULLETIN

SPRING 2
2026

GIVE
& TAKE NOTICE

YOUR HALF TERMLY NEWSLETTER ABOUT WELL-BEING IN OUR SCHOOL!

AS THE END OF OUR SPRING TERM AND EASTER APPROACHES, WE HAVE BEEN FOCUSSED ON OUR VALUE OF ACHIEVEMENT AND ON THE GIVE AND TAKE NOTICE WAYS TO WELL-BEING.

SPRING IS A TIME OF NEW BEGINNINGS AND WE HAVE BEEN USING THIS TO SET NEW GOALS, NEW HABITS AND CONTINUE TO WORK TOWARDS 'BEING THE BEST WE CAN BE'.

CHILDREN CONTINUE TO HAVE OPPORTUNITIES EVERY DAY TO REFLECT ON THEIR EXPERIENCES, FEELINGS AND CHOICES. CHILDREN CAN PRACTICE WAYS TO REGULATE THEMSELVES WHEN FEELING OVERWHELMED, WORRIED OR UPSET.

THIS HALF TERM CHILDREN AND STAFF HAVE BEEN WORKING PARTICULARLY HARD TO ENCOURAGE SAFE, RESPECTFUL PLAY AT LUNCHTIMES AND ALL CHILDREN HAVE HAD THE OPPORTUNITY TO EARN 'LINKS' WHEN DEMONSTRATING OUR VALUES IN THE LUNCH HALL OR ON THE PLAYGROUND. THE CHILDREN HAVE BEEN WORKING TOGETHER TO REACH A WHOLE SCHOOL GOAL OF COLLECTING 1,000 LINKS!

THROUGHOUT THE TERM, CHILDREN HAVE BEEN OFFERED A RANGE OF AFTER SCHOOL CLUBS TO ENABLE THEM TO CONNECT WITH OTHER CHILDREN AND KEEP LEARNING AND DEVELOPING. CHILDREN ACROSS SCHOOL HAVE BEEN INVOLVED IN FOOTBALL, GYMNASTICS, MUSICAL THEATRE, BRACELET MAKING, CODING, LEGO, BOARD GAMES, TENNIS AND BOOK CLUBS. LOOK OUT FOR NEW CLUBS COMING FOR SUMMER TERM!

FINALLY, OUR WELLBEING FOCUS OF 'GIVE' WAS BROUGHT TO A CLOSE ON THURSDAY AFTERNOON WITH OUR BLANFORD MERE JUMBLE SALE. A HUGE THANK YOU TO STAFF, PARENTS, CHILDREN, THE HSA AND THE LOCAL COMMUNITY FOR MAKING THIS HAPPEN. THANKS TO EVERYONE WHO DONATED AND/OR ATTENDED. IT WAS A REALLY LOVELY WAY FOR THE WHOLE SCHOOL 'FAMILY' TO JOIN TOGETHER TO RAISE MUCH NEEDED FUNDS FOR SCHOOL, WHILST ALSO HOPEFULLY BEING ABLE TO GET SOME 'NEW TO YOU' ITEMS AT A SMALL COST. WE KNOW A BARGAIN IS VERY MUCH APPRECIATED IN THE CURRENT FINANCIAL CLIMATE!



GET INVOLVED AT HOME....

"TAKE NOTICE" IS ABOUT DEVELOPING AWARENESS AND MINDFULNESS—PAYING ATTENTION TO THOUGHTS, FEELINGS, AND SURROUNDINGS WITHOUT RUSHING OR JUDGING. THIS PRACTICE HELPS PEOPLE BECOME MORE GROUNDED, GRATEFUL, AND EMOTIONALLY BALANCED. HOW IT HELPS CHILDREN (AND OTHERS)

FOR CHILDREN, "TAKING NOTICE" SUPPORTS:

- EMOTIONAL REGULATION – NOTICING FEELINGS BEFORE THEY BECOME OVERWHELMING.
- CONCENTRATION AND FOCUS – PAYING ATTENTION TO DETAILS IMPROVES LEARNING.
- GRATITUDE AND POSITIVITY – APPRECIATING SMALL JOYS BOOSTS HAPPINESS AND RESILIENCE.
- CONNECTION – HELPS CHILDREN NOTICE OTHERS' EMOTIONS AND DEVELOP EMPATHY.

AT HOME PARENTS CAN BUILD "TAKE NOTICE" MOMENTS INTO DAILY LIFE IN SIMPLE WAYS:

- NATURE WALKS – ENCOURAGE CHILDREN TO LOOK CLOSELY AT COLOURS, SOUNDS, SHAPES, OR TEXTURES ("WHAT CAN YOU HEAR?" "WHAT'S NEW SINCE LAST TIME?").
- MINDFUL MOMENTS – PAUSE TOGETHER TO BREATHE DEEPLY, OR SIT QUIETLY NOTICING WHAT'S AROUND.
- GRATITUDE REFLECTIONS – ASK AT DINNER OR BEDTIME, "WHAT WAS ONE GOOD THING ABOUT TODAY?"
- ART AND CREATIVITY – DRAW OR MAKE THINGS INSPIRED BY WHAT YOU SEE OUTSIDE.
- SENSES GAMES – TRY "5 THINGS YOU CAN SEE, 4 YOU CAN TOUCH..." TO CALM AND FOCUS ATTENTION.
- WEATHER WATCHING – NOTICE HOW THE SKY OR LIGHT CHANGES THROUGHOUT THE DAY.
- PHOTOGRAPHS OR JOURNALING – TAKE PHOTOS OF INTERESTING DETAILS OR KEEP A "NOTICING" JOURNAL.

FEEL FREE TO SEND PHOTOGRAPHS/EXAMPLES OF ANY ACTIVITIES IN TO SCHOOL SO THAT YOUR CHILDREN CAN SHARE THEIR 'TAKE NOTICE' MOMENTS WITH THEIR FRIENDS AND TEACHERS!