

# BLANFORD WELL-BEING BULLETIN

SPRING 2  
2025

CONNECT

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

WELCOME TO THE 2<sup>ND</sup> EDITION OF OUR WELL-BEING BULLETIN. LAST TERM SAW US CHOOSE OUR WINNING ENTRY FOR OUR 'DESIGN A LOGO' COMPETITION FOR THE FIVE WAYS TO WELL-BEING. WE HAD WELL OVER 100 ENTRIES AND THE VERY DIFFICULT DECISION OF WHICH LOGO WE WANTED TO USE IN OUR SCHOOL WAS MADE BY OUR MENTAL WELL-BEING AMBASSADORS. THE WINNER WAS **CHARLIE DAVIS-WARD**. HIS LOGOS WILL NOW BE USED AROUND SCHOOL ON DISPLAYS, IN NEWSLETTERS AND ON TEACHING RESOURCES. HE ALSO RECEIVED A £20 AMAZON VOUCHER. WELL DONE CHARLIE AND THANK YOU TO EVERYONE WHO ENTERED!

WINNER ----->

THE CHILDREN HAVE ALSO BEEN LEARNING ABOUT 'EMOTIONAL LITERACY' AND HOW TO IDENTIFY A RANGE OF EMOTIONS. CHILDREN ARE TAUGHT THAT ALL FEELINGS ARE NORMAL AND WE WILL ALL EXPERIENCE A RANGE OF THEM - BOTH COMFORTABLE AND UNCOMFORTABLE ONES. THE CHILDREN LEARN A VARIETY OF CALM TIPS, AFFIRMATIONS AND KINDNESS CHALLENGES AS PART OF THE ACTIVITIES THEY DO WHEN THEY ENTER THE CLASSROOM IN THE MORNING SO THAT THEY CAN HAVE A CALM START TO THE SCHOOL DAY AND LEARN SOME TIPS AND STRATEGIES TO HELP THEM THROUGHOUT THE DAY.

FINALLY, THE FOCUS ON OUR SHARED VALUES DAY AT THE END OF TERM WAS AROUND 'CONNECT' - ONE OF THE 5 WAYS TO WELLBEING THAT FOCUSES ON CONNECTIONS, RELATIONSHIPS AND POSITIVE INTERACTIONS WITH OTHERS.



### HERE'S WHAT CHILDREN HAD TO SAY ABOUT OUR 'CONNECT' MENTAL WELL-BEING ACTIVITIES..

- DAKOTA :** I ENJOYED CONNECTING WITH MY FRIENDS AND TRYING TO GO THROUGH THE HOOPS WHEN WE WERE HOLDING HANDS. IT WAS REALLY HARD AND I HAD TO WORK AS A TEAM.
- MADDISON:** I LIKED BUILDING THE LEGO TOWERS BECAUSE WE HAD TO WORK AS A TEAM TO DO IT.
- ELLIOTT C:** I'VE REALLY ENJOYED TODAY. IT MEANS BE WITH ONE ANOTHER AND BE KIND. I LOVED THE TELL ME ABOUT GAME WE PLAYED.
- FRANCESCA:** I LIKED TODAY BECAUSE IT HELPS YOU TO GET TO KNOW MORE ABOUT EACH OTHER AND YOU KNOW EVERYONE'S LIKES.
- KAYLA B:** I THINK THE WORD CONNECT MEANS TO BE WITH EACH OTHER.
- JACKSON S:** I LIKED GETTING TO KNOW PEOPLE BETTER WHEN WE PLAYED OUR CONNECT BOARDGAME
- TILLY-MAI:** I LIKED LEARNING ALL ABOUT FRIENDSHIP AND EMPATHY.
- DARCEY G:** I HAVE ENJOYED TALKING ABOUT CONNECTING BECAUSE WE HAVE LEARNT WHY CONNECTING IS IMPORTANT FOR OUR WELLBEING.
- AOIFE:** I LIKED THE WELLBEING BECAUSE IT MADE ME FEEL CALM. I ENJOYED MAKING CARDS, COLOURING IN AND TALKING ABOUT STAYING CONNECTED.
- LUCA:** WE HAVE DESIGNED GAMES THAT CAN HELP US TO GET TO KNOW EACH OTHER AND CONNECT.



### GET INVOLVED AT HOME....

#### 5 WAYS TO WELLBEING BINGO

**HOW TO PLAY:**  
You can play on your own or with friends and family... For one week, colour in or tick a star for each activity you complete. The highest score wins!

WENT TO BED ON TIME AND GOT PLENTY OF SLEEP	DID OR SAID SOMETHING FUNNY TO MAKE SOMEONE LAUGH	TOOK TIME OUT TO WATCH THE CLOUDS OR THE STARS	HUGGED A PERSON OR PET I LOVE	PLAYED, WALKED OR DID A SPORT OUTSIDE
☆☆☆☆	☆☆☆☆	☆☆☆☆	☆☆☆☆	☆☆☆☆
TALKED WITH A FRIEND OR SOMEONE I LOVE	STRETCHED, WIGGLED OR DID SOME YOGA	READ A BOOK OR WATCHED A TV SHOW I ENJOY	HELPED OUT AT HOME OR AT SCHOOL	PAUSED AND DID A BREATHING EXERCISE
☆☆☆☆	☆☆☆☆	☆☆☆☆	☆☆☆☆	☆☆☆☆
SAID THANK YOU TO SOMEONE FOR SOMETHING KIND THEY DID	COUNTED THREE THINGS NEARBY THAT MAKE ME HAPPY	SAID HELLO TO SOMEONE NEW, OUT AND ABOUT OR AT SCHOOL	DANCED TO MY FAVOURITE MUSIC	ATE PLENTY OF FRUIT AND VEG, AND DRANK ENOUGH WATER
☆☆☆☆	☆☆☆☆	☆☆☆☆	☆☆☆☆	☆☆☆☆

PLEASE HELP TO RAISE £9,000 NEEDED FOR AN SEN AND WELL-BEING BUILDING TO SUPPORT CHILDREN AT BLANFORD MERE NOW AND IN THE FUTURE.  
TO DONATE ONLINE, PLEASE VISIT THE GO-FUND-ME PAGE: [HTTPS://GOFUND.ME/4C9B856D](https://gofund.me/4c9b856d)  
OR CONTACT US AT:  
OPERATIONS@STOURBRIDGEFC.COM

**PLEASE HELP!!**