



BLANFORD WELL-BEING BULLETIN

AUTUMN 1
2025

CONNECT

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

WOW! WHAT A FANTASTIC HALFTERM. THE CHILDREN HAVE COME BACK READY FOR THEIR NEW CLASSES AND HAVE WORKED REALLY HARD FOR THE FIRST 8 WEEKS.

MENTAL WELL-BEING CONTINUES TO BE A THREAD THROUGH EVERYTHING WE DO AND RECOGNISING THE IMPORTANCE OF CONNECTING WITH OUR NEW CLASSES AND BUILDING RELATIONSHIPS AND CLASS 'TEAMS' THAT ARE RESPECTFUL, SUPPORTIVE AND SAFE HAS BEEN A PRIORITY FOR ALL STAFF IN SCHOOL.

EVERY MORNING, WE CONTINUE TO USE OUR 'SOFT STARTS' TO ENSURE CHILDREN HAVE A CALM TRANSITION INTO SCHOOL SO THAT THEY ARE FOCUSED AND READY FOR THE DAY.

ONCE AGAIN, WE HAVE APPOINTED MENTAL WELL-BEING AMBASSADORS AND PEER SUPPORTERS TO HELP PROMOTE AND SUPPORT POSITIVE WELL-BEING IN OUR SCHOOL. A POSTER COMPETITION HAS TAKEN PLACE WHERE ALL CHILDREN HAVE DESIGNED POSTERS TO SHOW THE FIVE WAYS TO WELL-BEING. THE WINNING POSTER HAS BEEN CHOSEN BY OUR WELL-BEING AMBASSADORS AND WELL-BEING STAFF TEAM. THE WINNER IS EUGENE CHAN IN 5/6MB. A MASSIVE WELL DONE TO HIM. HE HAS RECEIVED AN AMAZON VOUCHER AS A PRIZE AND HIS WINNING DESIGN WILL BE USED AROUND SCHOOL AND IN FUTURE NEWSLETTERS.

FINALLY, THE FOCUS ON OUR SHARED VALUES DAY AT THE END OF TERM WAS AROUND 'CONNECT'. "CONNECT" IS ONE OF THE FIVE WAYS TO WELLBEING, AND IT PLAYS A REALLY IMPORTANT ROLE IN SUPPORTING CHILDREN'S EMOTIONAL, SOCIAL, AND MENTAL HEALTH, ESPECIALLY IN PRIMARY SCHOOLS. CONNECTING MEANS BUILDING AND NURTURING POSITIVE RELATIONSHIPS WITH THE PEOPLE AROUND US — FAMILY, FRIENDS, TEACHERS, AND CLASSMATES.

STRONG SOCIAL CONNECTIONS HELP CHILDREN FEEL VALUED, UNDERSTOOD, AND SUPPORTED. THIS SENSE OF BELONGING IS A MAJOR PROTECTIVE FACTOR FOR MENTAL WELLBEING AND RESILIENCE.

WHEN CHILDREN CONNECT WELL WITH OTHERS, THEY:

- DEVELOP EMPATHY AND SOCIAL SKILLS
- FEEL SAFER AND MORE CONFIDENT IN SCHOOL
- ARE MORE ENGAGED IN LEARNING
- EXPERIENCE LESS LONELINESS OR ANXIETY
- LEARN HOW TO MANAGE CONFLICT AND EMOTIONS IN HEALTHY WAYS



GET INVOLVED AT HOME.....

CONNECTION DOESN'T HAVE TO BE BIG OR COMPLICATED — IT'S BUILT IN SMALL, EVERYDAY MOMENTS OF ATTENTION, LAUGHTER, KINDNESS, AND CARE.

WHEN FAMILIES CONNECT, CHILDREN FEEL SECURE, CONFIDENT, AND READY TO LEARN AND GROW.

1. FAMILY TIME AND CONVERSATIONS

- EAT MEALS TOGETHER AS OFTEN AS POSSIBLE — TALK ABOUT EVERYONE'S DAY, SHARE HIGHS AND LOWS.
- FAMILY CHECK-INS — TAKE TURNS TO SHARE SOMETHING YOU'RE GRATEFUL FOR, PROUD OF, OR EXCITED ABOUT.
- UNPLUG MOMENTS — PUT AWAY PHONES OR SCREENS FOR A SET TIME TO FOCUS ON EACH OTHER.
- STORY TIME — READ TOGETHER OR SHARE STORIES FROM YOUR OWN CHILDHOOD.

2. SHARED ACTIVITIES

- COOK OR BAKE TOGETHER — EVEN SIMPLE RECIPES HELP WITH TEAMWORK AND CONVERSATION.
- DO A FAMILY PROJECT — BUILD SOMETHING, GROW A GARDEN, OR CREATE AN ART PIECE TOGETHER.
- EXERCISE AS A FAMILY — WALK, BIKE, OR DANCE TOGETHER; BEING ACTIVE ALSO SUPPORTS OTHER AREAS OF WELLBEING.
- PLAY GAMES — BOARD GAMES, PUZZLES, OR MAKE-BELIEVE PLAY HELP BUILD COOPERATION AND LAUGHTER.

3. SIMPLE DAILY CONNECTION IDEAS

- SAY GOOD MORNING AND GOODNIGHT WITH A SMILE OR HUG.
- LEAVE SMALL NOTES OF ENCOURAGEMENT IN LUNCHBOXES OR BAGS.
- HAVE A "NO SCREENS FOR 20 MINUTES" RULE EACH EVENING FOR SHARED TALK OR PLAY.
- END THE DAY WITH A "ONE GOOD THING" MOMENT — EVERYONE SHARES SOMETHING POSITIVE.