

BLANFORD WELL-BEING BULLETIN

SUMMER 1
2025

BE ACTIVE

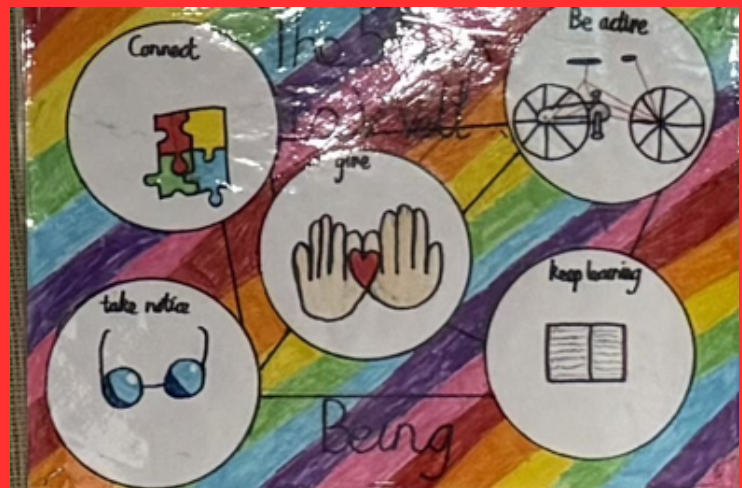
YOUR HALF TERMLY NEWSLETTER ABOUT WELL-BEING IN OUR SCHOOL!

ANOTHER SHORT, BUT BUSY HALF TERM WHERE WE HAVE CONTINUED TO ENSURE THAT SUPPORTING CHILDREN'S WELL-BEING IS A PRIORITY.

MENTAL HEALTH AWARENESS WEEK TOOK PLACE FROM 12 TO 18 MAY 2025 AND THE THEME WAS 'COMMUNITY'. WE USED THIS WEEK TO CELEBRATE THE POWER AND IMPORTANCE OF COMMUNITY. BEING PART OF A SAFE, POSITIVE SCHOOL COMMUNITY IS VITAL. CHILDREN WERE ABLE TO IDENTIFY THAT OUR SHARED VALUES, OUR SCHOOL RULES AND THE 5 WAYS TO WELL-BEING ARE ALL THERE TO PROVIDE A SAFE SUPPORTIVE SCHOOL COMMUNITY AND THEREFORE HELP US TO THRIVE. ON THURSDAY 15TH MAY, CHILDREN AND STAFF WERE INVITED TO MARK THE OCCASION BY WEARING SOMETHING GREEN.

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.

FINALLY, THE FOCUS ON OUR SHARED VALUES DAY AT THE END OF TERM WAS AROUND 'BE ACTIVE' - ONE OF THE 5 WAYS TO WELLBEING. WHEN WE'RE ACTIVE, THE BODY RELEASES FEEL-GOOD HORMONES THAT CAN IMPROVE OUR MOOD AND BOOST OUR ENERGY. OTHER BENEFITS OF EXERCISE FOR MENTAL HEALTH INCLUDE: BOOSTING OUR SELF-ESTEEM AND CONFIDENCE, INCREASING MOTIVATION AND FOCUS. BEING ACTIVE CAN ALSO HELP BUILD TEAMWORKING SKILLS, AS WELL AS RESILIENCE!



GET INVOLVED AT HOME.....



CHILDREN NEED TO BE PHYSICALLY ACTIVE FOR 60 MINUTES A DAY, WITH 30 MINUTES OF THAT ACTIVITY TAKING PLACE OUTSIDE OF SCHOOL. FROM FUN 10 MINUTE SHAKE UP GAMES TO INFORMATION ABOUT ACTIVE HOBBIES AND SPORTS, CHECK OUT THIS WEBSITE FOR EVERYTHING YOU NEED TO GET YOUR FAMILY MOVING!

[HTTPS://WWW.NHS.UK/HEALTHIER-FAMILIES/ACTIVITIES/](https://www.nhs.uk/healthier-families/activities/)

BALANCING SCREEN TIME WITH ACTIVE PLAY TIME IS AN ONGOING CHALLENGE FOR FAMILIES THESE DAYS. NOW, IT SEEMS GAME DESIGNERS ARE STARTING TO CATCH ON. AFTER DIGGING AROUND IN THE APPLE APP STORE AND ON GOOGLE PLAY, WE'VE FOUND SIX FUN APPS YOU CAN DOWNLOAD THAT COMBINE OUTDOOR TIME AND TECH TIME.

[HTTPS://ACTIVEFORLIFE.COM/6-APPS-TO-GET-KIDS-ACTIVE/?GL=1*K48QTI*UP*MQ.*GS*MQ.&GCLID=EAIAIQOBCHMIUAYSUOYVJQMVBH7TQBH1KRD1XEAMYAIAAEGKWEVD_BWE&GCLSRC=AW.DS&GBRAID=OAAAAACMB9A2TJK_V-5DB-MJ_Z926-OMM](https://activeforlife.com/6-apps-to-get-kids-active/?gl=1*K48QTI*UP*MQ.*GS*MQ.&gclid=EAIAIQOBCHMIUAYSUOYVJQMVBH7TQBH1KRD1XEAMYAIAAEGKWEVD_BWE&gclidsrc=AW.DS&gbraid=OAAAAACMB9A2TJK_V-5DB-MJ_Z926-OMM)

PUPIL VOICE

EESHA: LAST WEEK, WE WORE GREEN. MENTAL WELL-BEING HELPS TO KEEP OUR MINDS HEALTHY AND BE HAPPY.

MARCELLA: WE WORE GREEN AS IT IS A CALM COLOUR AND WE CELEBRATED OUR MENTAL WELLBEING.

BELLA ROSE: WE WORE GREEN TO LOOK AFTER OUR HEALTHY MIND. LIKED LEARNING ALL ABOUT FRIENDSHIP AND EMPATHY.

ISABELLA: WE WORE GREEN TO CELEBRATE MENTAL HEALTH WEEK. I LEARN HOW TO KEEP A HEALTHY MIND AND STAY ACTIVE.

LILLIA: "I'VE ENJOYED TAKING PART IN YOGA!"

ANAYA: I HAVE ENJOYED GETTING ACTIVE WITH YOGA AND PRACTISING SPORTS DAY, IT HAS BEEN SO MUCH FUN!

GEORGE: "I'VE LOVED PRACTISING SPORTS' DAY WITH ALL OF KS1"

LUKE: TEACHERS HELP US TO LOOK AFTER OUR MENTAL WELL-BEING. WE HAVE TASKS IN THE MORNING WHEN WE COME IN TO GET US READY FOR THE DAY AND GIVE US TIPS FOR STAYING CALM AND TAKING NOTICE OF HOW WE ARE FEELING. WE LEARN ABOUT HOW TO STAY HEALTHY MENTALLY AND PHYSICALLY IN LOTS OF LESSONS.