



BLANFORD WELL-BEING BULLETIN

AUTUMN 2
2025

CONNECT &
GIVE

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

WE LOVE THE AUTUMN 2 TERM AND ALL THE FESTIVE FUN AND FROLICS INVOLVED. THERE IS SUCH A LOVELY ATMOSPHERE AROUND SCHOOL! THE CHILDREN HAVE WORKED INCREDIBLY HARD, NOT JUST IN TERMS OF GETTING READY FOR THE VARIOUS ACTIVITIES, BUT ALSO DURING THEIR LESSONS AND OUR FIRST ASSESSMENT WEEK OF THIS ACADEMIC YEAR (FOR Y1-6). IT'S NO WONDER THERE'S A FAIR FEW TIRED FACES AROUND (AND NOT JUST THE CHILDREN!)

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. SOME CLASSES HAVE ALSO USED JOURNALLING PROMPTS AT OTHER POINTS IN THE DAY TO ALLOW CHILDREN OPPORTUNITIES TO REFLECT ON THEIR DAY AND CONNECT WITH OTHERS.

ONCE AGAIN, ON THE LAST DAY OF TERM, EVERYONE HAS BEEN TAKING PART IN ACTIVITIES AROUND THE 5 WAYS TO WELL-BEING. "CONNECT" HAS BEEN OUR KEY FOCUS THIS TERM AND CHILDREN HAVE REFLECTED ON HOW THAT HAS HELPED WITH THEIR WELL-BEING. WE HAVE ALSO 'LAUNCHED' OUR FOCUS FOR NEXT TERM - 'GIVE'. GIVING MEANS DOING SOMETHING KIND FOR OTHERS — SHARING, HELPING, INCLUDING SOMEONE, OR SHOWING GRATITUDE.

"GIVE" HELPS CHILDREN'S WELLBEING BECAUSE IT:-

1. BUILDS A SENSE OF BELONGING

WHEN CHILDREN HELP OTHERS OR GIVE KINDNESS, THEY FEEL PART OF A COMMUNITY. THIS STRENGTHENS FRIENDSHIPS, BUILDS TRUST, AND HELPS CHILDREN FEEL SAFE AND INCLUDED — ALL ESSENTIAL TO EMOTIONAL WELLBEING.

2. BOOSTS SELF-ESTEEM AND CONFIDENCE

ACTS OF GIVING — LIKE HELPING A CLASSMATE, SHARING EQUIPMENT, OR MAKING A CARD — HELP CHILDREN FEEL VALUED AND CAPABLE. SEEING THAT THEIR ACTIONS MAKE SOMEONE ELSE HAPPY REINFORCES THEIR OWN SENSE OF WORTH.

3. ENCOURAGES EMPATHY AND SOCIAL SKILLS

"GIVING" TEACHES CHILDREN TO NOTICE OTHER PEOPLE'S FEELINGS. THROUGH SIMPLE ACTS (HELPING TIDY, COMFORTING A FRIEND), THEY LEARN EMPATHY, COOPERATION, AND EMOTIONAL UNDERSTANDING — KEY SKILLS FOR WELLBEING AND FUTURE RELATIONSHIPS.

4. RELEASES 'FEEL-GOOD' EMOTIONS

HELPING OTHERS TRIGGERS POSITIVE EMOTIONS SUCH AS JOY, PRIDE, AND SATISFACTION.

FOR CHILDREN, THIS CAN HELP REDUCE STRESS, BOOST MOOD, AND CREATE A MORE POSITIVE SCHOOL EXPERIENCE.

5. PROMOTES A KIND AND SUPPORTIVE CLASSROOM CULTURE

WHEN GIVING BECOMES PART OF THE CLASSROOM ROUTINE, IT ENCOURAGES A CULTURE OF KINDNESS.

THIS REDUCES CONFLICT, INCREASES COOPERATION, AND HELPS CHILDREN FEEL EMOTIONALLY SECURE.



GET INVOLVED AT HOME.....

FOR OUR 'GIVE' FOCUS, WE WILL BE HOLDING A 'PRE-LOVED' EVENT TO SELL UNWANTED CLOTHES, TOYS, BOOKS ETC. AND WILL BE REQUESTING DONATIONS FOR THESE SO PLEASE BEAR THIS IN MIND IF YOU'RE HAVING A PRE/POST CHRISTMAS CLEAR OUT. MORE DETAILS TO FOLLOW...

OTHER IDEAS TO PROMOTE 'GIVE' AS A WAY TO WELL-BEING AT HOME:-

1. THE KINDNESS JAR

- KEEP A JAR AND SLIPS OF PAPER ON THE TABLE.
- EACH TIME SOMEONE GIVES—A HELPING HAND, A COMPLIMENT, SHARING SOMETHING—THEY WRITE IT DOWN AND POP IT IN.
- READ THEM TOGETHER AT THE END OF THE WEEK TO CELEBRATE KINDNESS.

2. DAILY "GIVE A COMPLIMENT" CHALLENGE

- EVERYONE GIVES ONE KIND COMMENT TO ANOTHER FAMILY MEMBER EACH DAY.
- HELPS CHILDREN PRACTISE NOTICING POSITIVES IN OTHERS.

3. HELPING HANDS CHART

- CHILDREN PICK ONE SMALL JOB TO "GIVE" TO THE FAMILY EACH DAY (FEED A PET, TIDY SHOES, SET THE TABLE, HELP A SIBLING).
- MAKE IT VISUAL AND FUN WITH STICKERS.

4. GIVING TIME, NOT JUST THINGS

4. FAMILY TIME TOKENS

MAKE SIMPLE TOKENS LABELLED WITH THINGS LIKE:

- "10 MINUTES READING TOGETHER"
- "PLAY MY FAVOURITE GAME WITH ME"
- "HELP SOMEONE WITH A JOB"
- KIDS CAN CHOOSE A TOKEN TO GIVE TO SOMEONE ELSE.

5. TEACH A TALENT

ENCOURAGE CHILDREN TO GIVE BY SHARING SOMETHING THEY KNOW:

- SHOW A SIBLING HOW TO DRAW SOMETHING
- TEACH A SIMPLE CRAFT
- DEMONSTRATE A DANCE MOVE

THIS HELPS THEM SEE THAT GIVING KNOWLEDGE IS MEANINGFUL.