



BLANFORD WELL-BEING BULLETIN

SUMMER 1
2026

KEEP MOVING

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

SUMMER TERM HAS ARRIVED AND THIS HALF TERM, WE HAVE BEEN FOCUSING ON OUR VALUE OF RESPECT AND OUR 'WELL-BEING WAY' OF KEEP MOVING.

KEEP MOVING IS PROBABLY ONE OF THE MOST EFFECTIVE OF THE 5 WAYS TO WELLBEING FOR CHILDREN BECAUSE BEING PHYSICALLY ACTIVE HELPS BOTH THE BODY AND MIND.

FOR CHILDREN, MOVEMENT IS IMPORTANT BECAUSE IT CAN:

- BOOST MOOD – EXERCISE RELEASES CHEMICALS IN THE BRAIN THAT HELP CHILDREN FEEL HAPPIER AND CALMER.
- REDUCE STRESS AND WORRY – RUNNING, DANCING, SKIPPING, OR PLAYING OUTSIDE CAN HELP CHILDREN LET GO OF TENSION.
- IMPROVE FOCUS AND LEARNING – ACTIVE CHILDREN OFTEN CONCENTRATE BETTER IN CLASS.
- BUILD CONFIDENCE – LEARNING NEW SKILLS LIKE SWIMMING, CYCLING, OR CATCHING A BALL HELPS CHILDREN FEEL PROUD OF THEMSELVES.
- SUPPORT FRIENDSHIPS – GAMES AND SPORTS HELP CHILDREN WORK TOGETHER, SHARE, AND MAKE FRIENDS.
- KEEP BODIES HEALTHY – MOVEMENT STRENGTHENS MUSCLES, BONES, HEARTS, AND OVERALL FITNESS.

FOR OUR CHILDREN, "KEEP MOVING" DOESN'T MEAN ONLY SPORTS. IT INCLUDES FUN EVERYDAY ACTIVITIES LIKE PLAYGROUND GAMES, WALKING, JUMPING, DANCING, RIDING A BIKE, OR HELPING WITH ACTIVE CHORES.

BECAUSE OF THE HUGE BENEFITS TO WELL-BEING AND LEARNING, STAFF ACROSS SCHOOL WORK HARD ALL YEAR ROUND TO OFFER OPPORTUNITIES FOR MOVEMENT BOTH WITHIN LESSONS AND DURING BREAK AND PLAY TIMES TO HELP CHILDREN FEEL HEALTHY, HAPPY, CONFIDENT, AND READY TO LEARN.

IN ADDITION TO THIS, THIS HALF TERM, CHILDREN HAVE ALSO BEEN BUSY PRACTISING FOR THEIR FORTHCOMING SPORTS DAY RACES. THEY HAVE ALSO TAKEN PART IN A MINI LONDON MARATHON WHERE ALMOST HALF A MILLION CHILDREN AND YOUNG PEOPLE ACROSS THE UK REGISTERED TO WALK, JOG OR WHEEL THEIR WAY AROUND A TWO-MILE COURSE AT THEIR SCHOOLS.



GET INVOLVED AT HOME....

PARENTS CAN PLAY A BIG ROLE IN ENCOURAGING KEEP MOVING AT HOME BY MAKING PHYSICAL ACTIVITY FUN, REGULAR, AND SOMETHING THE WHOLE FAMILY ENJOYS.

FAMILIES CAN TAKE ADVANTAGE OF THE WARMER WEATHER TO GO FOR WALKS, BIKE RIDES, OR TRIPS TO THE PARK SO CHILDREN SEE MOVEMENT AS ENJOYABLE TIME TOGETHER.

DANCING TO MUSIC IN THE LIVING ROOM, CREATING MINI OBSTACLE COURSES, OR PLAYING ACTIVE GAMES LIKE TAG IN THE GARDEN ARE SIMPLE WAYS TO KEEP CHILDREN MOVING INDOORS OR OUTDOORS.

PARENTS AND CARERS CAN ALSO ENCOURAGE EVERYDAY MOVEMENT BY WALKING TO SCHOOL WHEN POSSIBLE, TAKING THE STAIRS, HELPING WITH GARDENING, TIDYING TOYS, OR CARRYING SHOPPING BAGS. THESE ACTIVITIES SHOW THAT EXERCISE IS NOT ONLY SPORT—IT CAN BE PART OF NORMAL DAILY LIFE.

LIMITING LONG PERIODS OF SCREEN TIME AND SUGGESTING MOVEMENT BREAKS CAN HELP TOO. FOR EXAMPLE, AFTER HOMEWORK OR GAMING, CHILDREN COULD STRETCH, JUMP, OR PLAY OUTSIDE FOR A FEW MINUTES.

PRAISE AND ENCOURAGEMENT ARE IMPORTANT. CELEBRATING EFFORT, TRYING NEW ACTIVITIES, AND JOINING IN TOGETHER CAN ALSO BUILD CONFIDENCE AND MOTIVATION.

PARENTS CAN ALSO LET CHILDREN CHOOSE ACTIVITIES THEY ENJOY, SUCH AS FOOTBALL, SKIPPING, SWIMMING, DANCING, OR SCOOTER RIDING. WHEN CHILDREN HAVE CHOICE, THEY ARE MORE LIKELY TO STAY ACTIVE.

FEEL FREE TO SEND PHOTOGRAPHS OF YOUR CHILDREN ENJOYING 'KEEP MOVING' AND EXAMPLES OF MAKING MOVEMENT POSITIVE, PLAYFUL, AND PART OF EVERYDAY HOME LIFE.