

BLANFORD WELL-BEING BULLETIN

SUMMER 2
2025

TAKE NOTICE

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

THAT'S IT - THE ACADEMIC YEAR IS COMPLETE AND THE SUMMER HOLIDAYS ARE FINALLY HERE!

THE FINAL TERM CAN BE AN EXCITING TIME. BUT ALSO A TRICKY ONE FOR SOME CHILDREN AND EVEN ADULTS. THERE'S END OF YEAR ASSESSMENTS AND REPORTS, THE UNCERTAINTIES AND UNKNOWNNS EXPERIENCED WITH MOVING TO NEW CLASSES AND NEW TEACHERS AND THE EXCITEMENT BUT ALSO CHANGES OF ROUTINES BROUGHT ON BY SPORTS DAY, 50TH ANNIVERSARY CELEBRATIONS AND END OF YEAR TRIPS AND ASSEMBLIES. ALL EXPERIENCED IN SOME EXTREMELY HOT TEMPERATURES! IT HAS BEEN JAM PACKED AND THE IMPORTANCE OF BEING AWARE OF MENTAL WELL-BEING AND ENSURING OUR CHILDREN ARE AS REGULATED AS POSSIBLE HAS BEEN AT THE FOREFRONT.

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 'TAKE NOTICE' - ONE OF THE 5 WAYS TO WELLBEING. 'TAKING NOTICE' IS ABOUT BEING IN THE MOMENT - MAYBE FOCUSING ON BREATHING OR MINDFULNESS TECHNIQUES OR USING OTHER GROUNDING TECHNIQUES WHEN WE NEED TO BE CALM OR REGULATE UNCOMFORTABLE EMOTIONS. PART OF TAKING NOTICE IS ABOUT REFLECTING ON OUR EXPERIENCES AND FEELINGS THROUGHOUT THE DAY. TO HELP CHILDREN TO DO THAT, WE WILL BE INTRODUCING JOURNALLING ACTIVITIES THAT CHILDREN CAN UNDERTAKE IN SCHOOL OR AT HOME. FEEL FREE TO TRY THESE AT HOME OVER THE HOLIDAYS. THEY CAN EITHER BE WRITTEN DOWN OR JUST DISCUSSED VERBALLY AND OFFER GREAT OPPORTUNITIES TO ENCOURAGE CHILDREN TO OPEN UP ABOUT THEIR FEELINGS, THOUGHTS, EXPERIENCES, HOPES, CHALLENGES AND FEARS. OPPOSITE IS AN EXAMPLE OF JOURNALLING PROMPTS TO USE AT THE BEGINNING OR THE END OF DAYS THAT MAY BE USEFUL.

WE HOPE EVERYONE HAS A WONDERFUL SUMMER HOLIDAY!



GET INVOLVED AT HOME....

Date:

Today I Want To:

- 1.
- 2.
- 3.

(You can draw or write.)

Quote of the Day: 'I'm not telling you it's going to be easy - I'm telling you it's going to be worth it.' (Art Williams)

Kindness Challenge:

Who were you kind to today?

What did you do?

How did it feel?

How did it make them feel?

Thinking Time:

I feel sad about...

I feel this way because...

I can feel better by...

(You can draw or write.)

The Best Thing That Happened Today:

(You can draw or write.)

Rate the Day:

