



Hardwicke's Health & Wellbeing Newsletter

NEWSLETTER 2

Dear Parents/Carers and Children,

Welcome to our second wellbeing newsletter. Hope you found our first one fun and informative. Some of the children at school have been having enjoying the Yoga. Therefore, I will include a new one each time for you to enjoy along with the Five a day challenge. Below are some ideas with helpful web links to support both you and your children through these difficult times.

Yoga



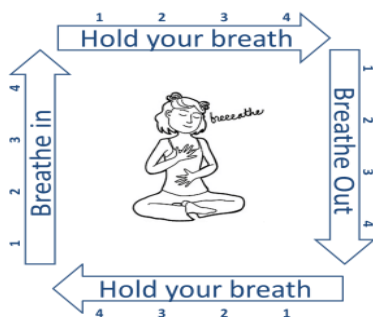
Younger Children

<https://www.youtube.com/watch?v=LhYtcadR9>

Older Children

<https://www.youtube.com/watch?v=R-BS87NTV5I>

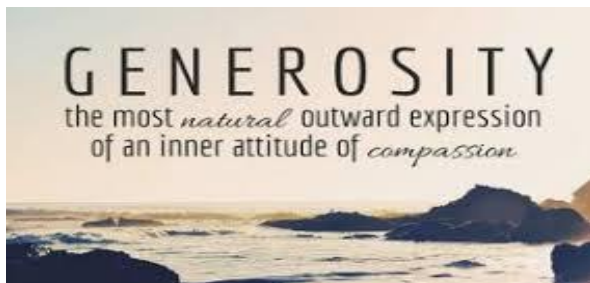
Try a little Mindfulness



Square breathing helps to regulate and helps you to relax. It can reduce stress and improve your mood. It helps us focus and stay calm. Try this [link](#), and have a go.

Sleep is important to health in many ways. It allows your body to recover quickly from illness or fight off potential infections. It also boosts your metabolism. Good sleep can calm your emotions and result in a healthier mindset as well.





Following on from our Value -Generosity this week .I have created a Five Day Generosity challenge. Have a go!

How many can you do?

Day 1	Make a small gift to give to someone.
Day 2	Donate an item to a local food bank
Day 3	Help someone in your household.
Day 4	Produce a Generosity Poster.
Day 5	Do something for someone without them asking.

Places to go to for support and advice

Childline's website has a useful 'calm down ' zone, with activities which aim to help children feel better when they are feeling anxious, scared or sad. The ideas include breathing exercises, a 'let it go' box and creating a 'sense drawer'.

<https://www.childline.org.uk/toolbox/calm-zone/>

Screen time can offer children opportunities to learn and develop new skills at a touch of a button but like anything too much of it can have a negative effect on their wellbeing. Finding the right balance for you and your family can be challenging but the key is to think about it early on and set some clear boundaries. Have a look at this [site](#) for some useful information.

Gloucestershire county council have set up a help line to support families who may need confidential advice, guidance and emotional support. They can be contacted on 08005420202

Communicate any concerns with school

If you have any worries or concerns about your child's emotional behaviour or wellbeing, then please let the school know. There will be many different things we can do to help further and support you and your family.

Have you seen anything which you feel would be great to share? Perhaps some photos of you and your children doing some of these activities? If yes, please contact me via email aevans@hardwicke.gloucs.sch.uk and I will add it them to our Newsletter!

Keep safe and well, Mrs Evans