



# Wimbledon Chase Primary School

## Wellbeing Newsletter

### Spring Term 2022



You will never speak to anyone more than you speak to yourself in your head. Be kind to yourself.

At WCPS we'd like to launch our first Wellbeing newsletter and share some of the wonderful wellbeing activities that are happening throughout the school, from Nursery to Year 6.

### Meet the WCPS Wellbeing team



Mrs Lawless



Mrs Dumont



Mrs Nicholas

Mrs Warwick is the school Mental Health Lead



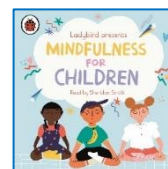
Ideas, thoughts, worries and solutions can be aired using the stress-less box.

1	☹️	Very unhappy
2	😞	Unhappy
3	😐	Neutral
4	😊	Happy
5	😄	Very happy

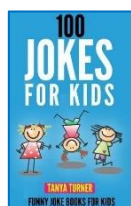
Teachers can check in to see how the children are feeling using the number register.



Musical Mondays set the tone for a calm and relaxing learning environment.



Breathing and mindful exercises help children to recognise and reflect on their own feelings.



Sharing jokes and funny stories can bring a class together in laughter.

Half-termly Wellbeing Wednesdays enable children in different age groups to mix across the school and form friendships.

### Parents' Toolkit: Wellbeing



Check out BBC Bitesize for their wellbeing tips designed for parents to help you support a healthy, happy childhood – with advice on food, sleep, mindfulness, as well as ways to look after you and your child's mental health. Click on the icon above.

### WCPS Mental Health Week 7th-11th February

#### "Get Active Daily"

Our Daily Wellbeing Workshops were a tremendous success, enabling the children to see for themselves how being active daily, boosts all the lovely, happy hormones and reduces nasty toxins that cause brain fog, tiredness and irritation. Getting active can reduce anxiety and stress, combat low mood and increase self-esteem.

Please see photos below

