



PSHE Ambassadors' Wellbeing Newsletter

Welcome to our first Well-Being Newsletter. This newsletter (written by our P.S.H.E. Ambassadors) will be sent out termly with the aim to provide useful hints and tips for looking after our mental health and well-being.

We hope that you have all had a lovely Easter break and are feeling ready and raring to go. It's hard to believe that we are already beginning the final term of this academic year! We will hopefully begin to see the weather improving and becoming warmer. The lighter nights and sunny days can really help to improve our well-being.

Book Recommendation:

Here We Are by Oliver Jeffers



Inspired by the birth of his son, award-winning Oliver Jeffers has created a deeply touching introduction to the world as a physical space and also as a place that needs to be treated with great care and respect. There are several copies in school that you can borrow. This links really well to World Earth Day.

Earth Day 2024

This year's theme is Planet Vs Plastic. The use of plastics is damaging to humans, animals and the planet. The campaign this year is to raise this awareness and help to reduce 60% of ALL plastics by 2040. How can you help reduce the use of plastics in your home?

Tops Tips from our PSHE Ambassadors-

- Reuse, Reduce and Recycle.
- Think about the environment and how you can make little changes to help.
- Use cardboard instead of plastic.
- Use a reusable bag whenever you can.
- Recycle old clothes or have a clothing swap with your friends.
- Give unwanted items to the charity shop or have a toy/book exchange with your friends.



Move More!

Regular exercise can lift your mood and increase your energy levels. It doesn't have to be strenuous or sporty to be effective. Now that the days are getting warmer and longer, it's time to get outside and get active! Pick something you enjoy so you're more likely to stick to it.

Here are some of our ideas:

Go for a walk down the canal.

Go litter picking.

Get out on your bike and explore our wonderful world.

Build a den.

Go to the park.

And don't forget... the variety of enrichment clubs on offer at school this term! All of these are helping to support pupil well-being. Which ones are you going to get involved with?

Relaxation Activity: FLOWER AND CANDLE

This is a simple relaxation technique that encourages deep breathing. Pretend you have a nice smelling flower in one hand and a slow burning candle in the other. Breathe in slowly through your nose as you smell the flower. Breathe out slowly through your mouth as you blow out the candle. Repeat a few times and...Relax!



Thanks for reading our newsletter and we hope you have fun completing some of our ideas.