

William Harding School Wellbeing Newsletter

Autumn 2
2022



WILLIAM HARDING SCHOOL
Aim high... Work hard... Be kind...



5 WAYS TO WELLBEING - WINTER EDITION

CONNECT

Christmas is all about spending quality time with families and friends. Our modern world makes it very hard to be truly present, but Christmas is a great time to practice this skill.

Don't spend Christmas getting a 'buffer face' watching endless movies, rubbish TV or surfing on Facebook. Disconnect from your screens to re-connect with the people that really matter in your life.

CONNECT

Stay present, this means stop looking forward to the next thing, take some time to enjoy the moments. Christmas isn't about everything being perfect. In years to come children won't remember the imperfections or the presents received but they will remember the memories made.



GIVE TO OTHERS

There are lots of different ways to give this winter.

Bucks Radio have launched a Toy Appeal. Click [here](#) for more information on the appeal and how to donate.

Aylesbury Foodbank are also always grateful of donations. Click [here](#) to find their donation points



Wellbeing

BE ACTIVE

We all know that sluggish feeling we can get after eating too much on Christmas Day. Try to counter this by doing some gentle exercise; go out for a walk in your local area looking at the pretty lights and decorations. Try doing some yoga at home, YouTube has lots of fun videos to do as a family or have a dance around the living room or kitchen to some cheesy Christmas songs. Whatever form of exercise you prefer, try to do at least a little bit over Christmas time. You'll feel better for it.



TAKE NOTICE

Five things you can see



Four things you can touch



Three things you can hear



Two things you can smell



One thing you can taste



HAF



Bucks Council run a Holiday Activities and Food Programme. This is for families who are in receipt of benefits related free school meals.

They are running lots of activities over the Christmas break. Please check out the following [link](#) for a list of times, dates and venues to book.

KEEP LEARNING



Try being creative and make some fun festive treats, there are so many websites with lots of different ideas but this [blog](#) had some really fun and easy treats to make