

William Harding School Wellbeing Newsletter

Summer 2
2023



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



CELEBRATING 2022/2023

Another year has flown by and it's time for our end of year Wellbeing Newsletter. We know like ourselves, parents and carers will be looking back on the year and seeing how much progression your child or children have made. As a FLO team we are very lucky to be there sometimes to witness the small moments, like a tooth falling out, being shown their work or them coming to share an achievement from outside of school with us and we celebrate all those achievements with them.

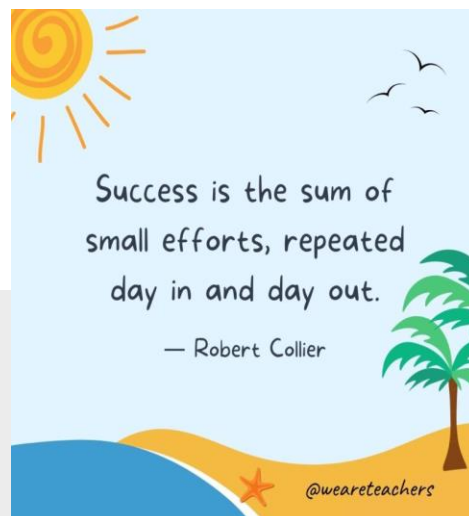


To ensure you have a great summer, remember to look after your mental health as well as your physical health.

Take time to relax, rest and recover over the holiday.

Stay active, maybe set a small goal of 15 mins of exercise a day whether that be a walk or a home workout.

Stay connected with your friends and families, have picnics and playdates and enjoy the summer sunshine.



Our School Values are: Inclusion, Perseverance, Honesty, Respect, Responsibility and Collaboration.



Mindfulness during the holidays

We have pulled together some mindfulness exercises to practice during the holidays.

- Full Sensory Awareness Exercise

Wherever you are, just stop and look around (when safe to do so) and become aware of everything that your senses pick up.

- How do you feel?
- Do you feel happy?
- Do you feel excited?
- Do you feel over-stimulated?
- Do you feel anxious?

Take a moment and appreciate where you are and what is happening, along with how you are feeling in the very moment.

- Mindful Appreciation

Choose 5 things in your day that usually go unappreciated. These things can be objects or people.

The point of this exercise is to be thankful and appreciate the seemingly insignificant things in life.

The things that support our life but rarely get a second thought.

- How do these things work?
- How do they benefit your life?
- Have you ever noticed the finer details of these items?

If you are stuck for ideas of things to do with the children this summer have a look at the Buckinghamshire Family Information Service [website](#) which lists lots of activities and events happening across Buckinghamshire

Buckinghamshire
Family Information Service

FLO Rabbit

Many of you will remember that we previously had a FLO Hamster called Bubbles, Bubbles sadly died this year due to old age (she was over 3 years old)

We now have a beautiful rabbit called Bruno.

Bruno can often be found stretched out sunbathing in the courtyard or eating his favourite treat of dandelion leaves.



The Bucks Open Weekend from 27th to 30th July offers an opportunity to take part in a range of fun activities and events. The theme this year is One World with activities centered on inclusivity and connecting communities as well as the environment and sustainability. You can find out more [here](#).



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