

# William Harding School Wellbeing Newsletter

Autumn 2  
2021



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



## 5 WAYS TO WELLBEING - WINTER EDITION

### CONNECT

Connect with other people by sending a Christmas card or a letter to family member far away, combine it with one of the other ways to wellbeing (Keep Learning) and make your own Christmas cards.

Take time to be together, eat dinner as a family and share about your day, taking care to take turns and listen to each other.

### CONNECT

Arrange a catch up with family or friends. This can be done in person cosying up with a hot chocolate. If you can't meet up, set up a virtual zoom/teams call and play a quiz.

Connect with your pets, put aside sometime to sit and play with your pet and also have a snuggle, animals are great therapy.

### 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.

The Rotary Club of Aylesbury Hundreds will be at Tesco Tring Road on Saturday & Sunday 18<sup>th</sup> and also Tesco Broadfields on Monday 20<sup>th</sup>.

The Rotary Club of Aylesbury will be on the High Street on Saturday 18<sup>th</sup>.

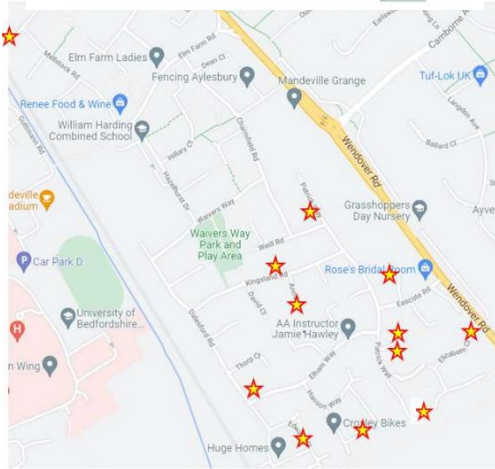
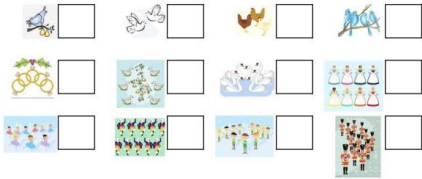
Aylesbury Foodbank are also always grateful of donations. Click [here](#) to find their donation points



# Wellbeing

## BE ACTIVE

### THE TWELVE DAYS OF CHRISTMAS TRAIL



There has been a local trail set up on Elm Farm by some very kind residents, this is a great way to be active, look at some lovely decorated houses and tick off the 12 days of Christmas or follow this 12 Days of Christmas Workout!

**12 DAYS OF Christmas WORKOUT**

1. Peppermint Stick Plank
2. Christmas Pie Pushups
3. Reindeer Kicks
4. Superman Snow Angels
5. Angel Wing Tricep Dips
6. Star Jumps
7. Gingerbread Jacks
8. Tinsel Twists
9. Sleigh Ride Sumo Squats
10. Light Show Lunges
11. Snowy Mountain Climbers
12. Santa Squat Jumps

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## 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



## KEEP LEARNING

Learn to draw (handy for those Christmas cards), check out [Art for Kids Hub](#) search for their Winter and Christmas art projects. Lots of the projects only need minimal items. They also have a YouTube channel you can access [here](#)

## 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