

William Harding School Wellbeing Newsletter

Summer 2
2022



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



CELEBRATING 2021/2022

As another school year draws to a close, you will most likely be looking back and thinking about how much progress your children have made. All the things they have accomplished in school and out and probably how much they have grown! This time of year, always makes us look back on our time with the children too and we are always wowed by their achievements.

It's easy to fixate on children's academic achievements only but as a FLO team we often look at children's progress from a pastoral point of view as well. In this edition, the team would like to share some special moments from during the year with you and introduce you to the smallest member of our team.



Tips for maintaining good mental health during the holidays

Connect with family and friends – phone your Aunty, meet your Granny for tea and make a playdate at the park with friends.

Stay active – Set a daily steps goal and go for a walk each day to boost those endorphins.

Get creative – Art allows children to explore their creativity, it helps them to relax. Buy chalks for pavement art or pencils for leaf rubbing.



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

Wellbeing

Bubbles – The FLO Hamster



As you know we love a school pet at William Harding and the FLO team are no exception. We'd like to introduce Bubbles the hamster or as she is sometimes known...Spiderbubbles! This is because her favourite pastime is climbing and swinging about her cage as well as eating food. Bubbles is a brilliant pet for children who come to our room for some time out. She provides a great distraction and helps calm children. We asked one of our children how they feel about Bubbles and they said "Bubbles makes me feel happy when I get to see her and I love feeding her" - Year 4 Child.



Bucks Family Information Service are holding a two-day wellbeing project during the summer holiday for children aged 7-11. The project is being held at Berryfields Family Centre on John Fitzjohn Avenue. The project will focus on wellbeing, self-esteem, resilience and relationships with others. Sign up via email at earlyhelpduty@buckinghamshire.gov.uk

Our Special Memories of 2022

Mrs. Bazeley - watching a child overcome their separation anxiety to join their new class for transition day with a huge smile on their face.

Matron - Supporting children with medical needs to attend their first school trips and seeing the sheer joy on their faces.

Miss White - How nice it was to see families and children enjoying the summer sun at our Queens Jubilee Picnic

Mrs. Bicknell - How wonderful it has been to see the children so happy when parents have been able to attend open classroom events and how proud the children are of showing their hard work.

Miss Bone - Supporting the girls football team when they met Ellen White. The excitement was overwhelming.

Mrs. Skinner - Seeing children's resilience throughout the year and their willingness to give new challenges a go.



A place to be is a national charity dedicated to improving children's mental health. They recognize that children may not receive the same level of mental health support during the holidays that they do during term time. So, they have provided some [tips and support for during the holidays](#)