



# Bond Primary School

## Wellbeing Newsletter

July 2022



### Relaxation Activity: Stress Balls

This exercise releases muscle tension and massages your hands. Make your own stress ball(s) by filling balloons with dry lentils or rice.



- Take the ball(s) in one or both hands and squeeze and release.
- Experiment with squeezing the ball. Find a way that is right for you, adjusting the speed, pressure and timing of your squeezes to whatever way you like.

### Key Dates:

National Simplicity Day	12th July 2022
Samaritans Awareness day	24th July 2022
International Friendship Day	30th July 2022

### School Summer Holidays

Whilst it will be lovely for families to spend quality time together during the summer holidays it can also be a time that can cause stress for some families due to clashes with work or finances. This is a link to a useful article which includes tips and ideas for parents/carers:

<https://www.guidetolife.co.uk/summer-break-wellbeing/>



### Supporting Your Child with Transition

Just like adults, children cope with changes and transitions in different ways, some people breeze through with excitement and others feel anxious and need more support. At Bond Primary we are very mindful of these differing needs and we plan our transition to new classes carefully and with a great deal of thought. However, parents/carers play a vital role in helping this to be a positive experience for our children. Here are some tips for supporting your child with this:

Be positive! How you react to change will strongly influence your child and if you feel anxious they will too. Talk about the positive elements of change—new experiences, new opportunities, new topics and meeting new people.

Focus on the constants for your child, the things that will be the same. They will be moving class with their peers so their friends will still be with them, they will still see the adults they are familiar with and many routines will be the same.

Look at our website and check out the topics they will be covering in their new year group to make them excited about what is ahead of them.

Listen to any concerns but don't go looking for them—remember that most children will be excited about the move and are more than ready for it.

If your child is moving from KS1 to KS2, talk about what this will look like at drop off and pick up times—you can even do some practice runs.

Keep in touch with their friends over the holidays so that those connections remain strong.

### The Power of Thank you

It's been said that since we are given the gift of 84,000 seconds every day, we should use at least one of them to say 'thank you'. That's not bad advice. And a simple thank you does more than you might think, for you, as well as for those on the receiving end. Research shows that being grateful can make us happier, healthier and more optimistic. Gratitude reduces anxiety and generates positivity. It helps us build healthy relationships with others as well as handle adversity more effectively. Feeling grateful towards others benefits you and them simultaneously. If you say thank you it's good for your own wellbeing as well as the person receiving the thank you. And if all it takes is a few seconds out of your day to do that, it's got to be worth it.

Who would you like to say 'thank you' to?

*I would like to thank every child, member of staff and parent for your support and assistance in making our Carnival a great success. Miss Williams*

