

This month's wellbeing edition is on  
Fuelling Wellbeing – Looking Back, Moving  
Forward: Celebrating Growth & Wellbeing.



★ Activity to Try at Home –  
“My Child’s Year in Bloom”  
Print or draw a flower with  
6–8 petals. In each petal,  
write something your child  
has grown in this year (e.g.  
made a new friend, learned  
to tie shoelaces, started  
reading). Let your child  
colour it in as you reflect  
together.

## Little Steps, Big Growth: Reflecting on Your Child’s Wellbeing Journey

As we reach the final stretch of the school year, it's a valuable time to pause and reflect on the small yet powerful moments of growth your child has experienced – not just academically, but emotionally and socially too. Whether it's newfound confidence, stronger friendships, or simply learning how to manage big feelings, these are milestones worth celebrating. This month, we're encouraging families to reflect on how wellbeing has played a part in your child's journey – and yours too. Looking back can help us notice how far we've come, while looking forward opens space for fresh goals, rest, and reconnection over the summer.



## "Useful Website!" Click here!!!

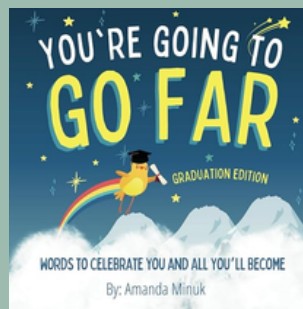
The end of an academic year brings a range of emotions. It is a time for reflection and celebrating achievements, as well as excitement with the summer holidays on the horizon.

However, it is also a time of change and upheaval which can feel difficult and cause anxious feelings. Some younger children will have come to the end of their time at primary school and will be getting ready to leave, and the others will be preparing to move on to a new school year next term.



Children grow in moments you don't always see — but they feel every cheer and gentle hand that guided them

## "Book of the month!" Click here



Looking for the perfect graduation book for kids? You're Going to Go Far Graduation Edition is a beautifully written keepsake filled with encouragement, wisdom, and the reminder that the best way to go far in life, is by being exactly who you are.



 [Tune in to our podcast pick of the month](#)

The Best Day Yet podcast is a mindfulness and affirmations podcast designed for kids and families

