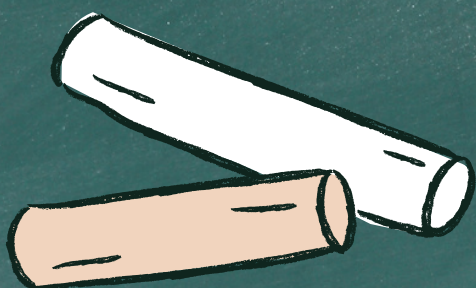


This month's wellbeing edition is about 'New Beginnings
- Back to School'



New School Year, New Beginnings

A new school year marks a time of fresh beginnings and opportunities. It's a chance to set new goals, embrace new challenges, and create lasting memories. The excitement of meeting new friends, discovering new interests, and learning from inspiring teachers fills the air. Each day is an opportunity to grow, both academically and personally. A new school year is not just about textbooks and exams; it's about building resilience, fostering creativity, and developing a sense of community. As we step into this new chapter, let us embrace it with optimism and determination, ready to make the most of every moment.



Top Tips to ease into the Year

- Establish Routines: Gradually adjust your child's sleep schedule to match the school timetable.
- Organise Supplies: Gather and label all necessary school items.
- Create a Study Space: Set up a quiet, distraction-free area for homework and studying.
- Set Goals Together: Discuss and set realistic academic goals with your child.
- Promote Healthy Habits: Ensure your child eats nutritious meals, exercises regularly, and stays hydrated.
- Mental Preparation: Encourage relaxation techniques and positive thinking to boost your child's confidence and reduce anxiety.

A little back to school poem

A new school year, a
fresh new start,
With open minds and
eager hearts.
Books and backpacks,
pencils in hand,
Ready to learn and
understand.

New friends to meet,
new things to know,
Exciting places we will
go.

In every class, with
every rule,
We grow and thrive,
back to school.

Useful Website-Click here

Going back to school can be an exciting time for children, but understandably, some children find the transition a little difficult. We've put together some of our lovely Twinkl resources, to make the return to school a little easier for children, teachers, parents, and carers alike! Just keep reading to see our brilliant resources which are suitable for early years and primary school aged children. Get started on a positive note, by saying Goodbye to Summer with this lovely resource!



"You're off to great places, today is your day! Your mountain is waiting, so get on your way!" - Dr. Seuss, Oh, the Places You'll Go!

App of the month - Click Here

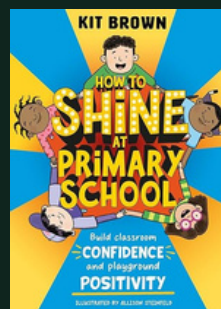


What is mindfulness?

By Your Headspace Mindfulness & Meditation Experts

You may have heard that mindfulness – the ability to be fully present in the moment – can have numerous benefits, everything from decreased stress and sadness to increased levels focus and happiness, according to general mindfulness research. But what exactly is mindfulness?

Book of the month - Click Here



There's A LOT to learn at primary school, from ancient Egyptians to multiplication. Sometimes important things don't get the attention they deserve, such as: how to be happy in yourself, how to overcome challenges and how to work together to be the best you all can be. Everyone needs to learn these things. Everyone needs to learn how to SHINE!

