



Wyre Forest School Sport Partnership

Summer Term

Wellbeing Newsletter



Welcome to our summer term Health & Wellbeing Newsletter – our final one for the academic year 2023-24! The information, tips and links you will find within this newsletter are to support the whole family (adults and children) to improve their overall wellbeing through opportunities that are linked to the '5 Ways to Wellbeing'. With this in mind, we would like to wish schools and families across the Wyre Forest a safe, active and much deserved summer break.



Connect with other people.

Local carnivals: Support your local community at your local carnival. Go and show your support to the local charities and businesses at this free to attend event and enjoy mixing with others through various entertainment including: sports, music, dog shows and funfairs to name a few!

- **Bromsgrove Carnival:** Saturday 13th July at Sanders Park
- **Stourport Carnival:** Saturday 7th September in Stourport-on-Severn Town Centre and by the River

Reach out to someone in need: Whether it be an elderly neighbour, family member or sibling. Can you help someone in need, complete a daily task such as gardening, making them a cup of tea or just having a chat!

Paris 2024: Looking forward to Paris 2024? Settle down with friends and family and enjoy watching the biggest and most historic international, multi-sport event of all time. The Paris Olympics get underway on 26th July, running through until 11th August. There will be 329 events in 32 different sports taking place. The Paris Paralympics start on 28th August until 8th September. The Paralympic programme includes 22 sports and 549 events. Find out all the latest news and updates via <https://olympics.com/en/paris-2024>



Learn new skills.

It's time to learn a new skill this summer!

Summer reading challenge: The Summer Reading Challenge 2024 is the UK's biggest free reading for pleasure programme for children. Taking place annually, the Challenge encourages children aged 4 to 11 to keep reading during the summer holidays. It launches in England on Saturday 6th July, where the theme is 'Marvellous Makers'. Find out more here – <https://summerreadingchallenge.org.uk/>

Give Origami a try: Spend some time learning to make origami! There are lots of origami models that are easy and fun to fold. Here are some simple step-by-step instructions that anyone can have fun making - <https://origami.guide/instructions/easy-origami/> Why not try these origami ice cream cones for a summer twist? - <https://youtu.be/ybmXJVe2QpA>

DIY Lava Lamp: Science experiments are so much fun, children of all ages will LOVE this DIY lava lamp science experiment! With just a few simple steps, you'll have your very own bubbling lava lamp that doubles up as a fun science experiment! Follow the link below to get started: www.messylittlemonster.com/2021/06/diy-lava-lamp-science-experiment.html





Be physically active.

With the warmer days and brighter evenings, the summer holidays are the perfect time to head outdoors and get closer to nature. From hunting for bugs and planting seeds to whittling wood and building secret dens, there are so many things for families to do.

Freedom Leisure's FREE summer holiday multi-sports: Freedom Leisure's Healthy Communities team provide completely FREE multi-sports activities across Worcester city every school holiday. Suitable for children aged 3-18 years. The multi-sports activities will include cricket, tennis, football and much more! www.freedom-leisure.co.uk/healthy-communities/worcester/our-activities/multi-sports/

Worcestershire Wildlife Trust's Family Nature Day: Delve into the natural world at Worcestershire Wildlife Trust's family nature day, taking place at Lower Smite Farm on Thursday 25th July, 10.00am – 2.00pm. Enjoy a nature trail around the farm, get stuck in with some crafts and learn about wildlife with our nature activities. Please bring your own picnic. www.worcswildlifetrust.co.uk/events/2024-07-25-family-nature-day

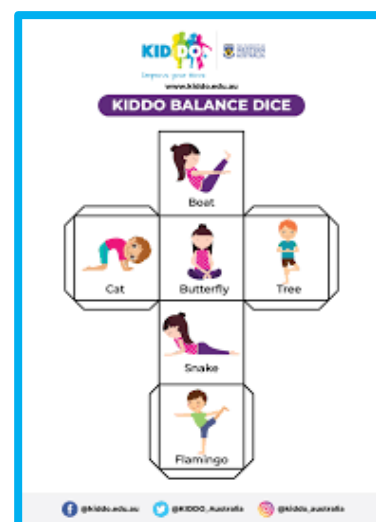
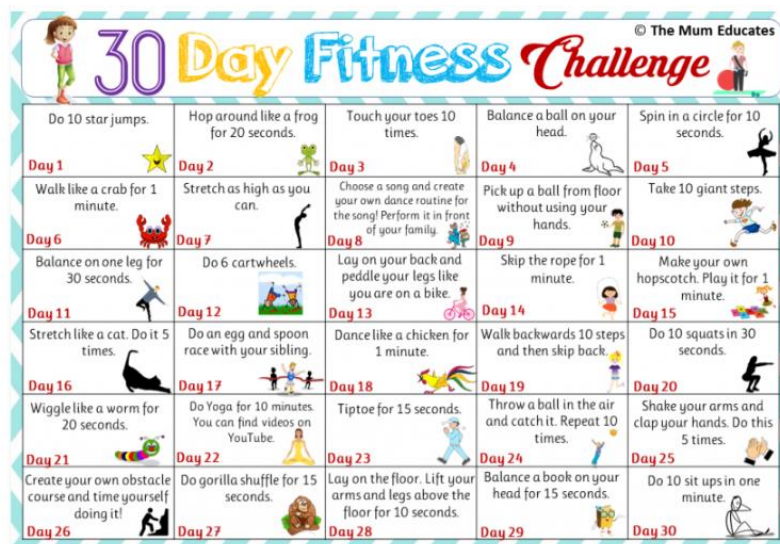
30 day fitness challenge: Here we have a fun, 30-day fitness challenge for children that will keep them active and healthy during the coming weeks. Can you come up with your own 30 day fitness challenge? <https://themumeducates.com/30-day-kids-fitness-challenge-active-kids/>

Activity Dice: Looking for quick and easy activities for children? Try these printable activity dice. Simply print, cut, fold and glue for a cube, then roll for an active challenge! <https://activeforlife.com/printable-activity-dice/>

The National Trust's '50 things to do before you're 11 ¾': Get your family closer to nature with '50 things to do before you're 11¾'. There's plenty of outdoor activities to do all year round, from watching the sunset to creating some wild art. Click here to find out more: www.nationaltrust.org.uk/visit/50-things

Summer walk: Let's keep it simple! If the weather is nice, just go for a nice, long walk in your local area. Make a note of what flowers you see or use this plants and flowers hunt sheet to see how many you can tick off. You can download this fun checklist here: <https://imp.sh/BbuDP8G>

Join Healthy Steps: The Healthy Steps NHS initiative is here to help you and your family be healthier and happier, by providing easy ways to eat healthy and move more. Register here - https://healthysteps.betterhealth-healthierfamilies.co.uk/signup?bh_hf and you will receive regular emails featuring top healthy eating tips, quick and easy family recipes, fun activities for kids, offers and lots more!





Give to others.

Friend/Family Gratitude: Grab some slips of paper and write something nice about a friend and then give it to them. Could you make similar 'compliment slips' for everyone in your family or your class? Tuesday 30th July is **International Friendship Day** – what better day to give this a try!

Charity Donation: Find some old toys, have a sort out of your wardrobe or find other items that could be donated to a charity. How could your donation help others?

Make a friendship bracelet: Friendship bracelets are a classic summer craft that you'll want to make all year long. Watch the tutorial below to learn how to make them! www.youtube.com/watch?v=h0NJgrwqpxg

Community litter pick: Do your bit for your local community and make a difference by becoming a #LitterHero! www.keepbritaintidy.org/get-involved/volunteer/litter-heroes

Get cooking: Make some summer beach themed cupcakes - <https://lifefamilyfun.com/beach-themed-cupcakes/> and gift them to someone special.



Pay attention to the present moment (mindfulness).

Mindfulness colouring: Have a go at these 'Let's Doodle About Summer' colouring pages - <https://jimp.sh/DxZMaAEU>

Gratefulness: Make a list of all of the things that you are grateful for. Could you show these on the petals of a flower drawing or the coloured stripes of a rainbow painting?

Time Capsule: Make a time capsule that includes information about your life today. Which people are most important to you? What are you most grateful for? What are your favourite things? What goals do you have for the future? Keep this somewhere safe and open it in the future. Don't forget where you put it!

Summer Yoga: Enhance your physical and mental wellbeing through some summer related yoga activities on www.kidsyogastories.com/summer-yoga/ Can you complete their summer yoga flow which is:

- triangle pose
- plank pose and
- boat pose.



5 Ways to Wellbeing



We welcome any feedback on this newsletter and would love to see any photos/videos of families taking part in any of the Wellbeing activities. Please Tweet or email us:



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