

## WELLBEING NEWSLETTER

Cycle 1

### HELLO & GOODBYE!

We would like to say a huge well done to our children for coming back to school so well. They have made us all incredibly proud. It has certainly been a new experience for us all and the children have adapted to 'the new normal' with such maturity. We would like to wish you all a very Merry Christmas and a Happy New Year. Stay safe.

The Wellbeing Team

#### Christmas acts of kindness

- Donate old/unused toys to charity.
- Donate towels and blankets to an animal shelter.
- Say thank you to your postman, binmen or delivery driver by waving or putting a sign in your window.
- Donate goods to a foodbank.



#### Stay active over Christmas!

- Go for a family walk and spot all the decorated houses!
- Go on a Christmas themed scavenger hunt (look for trees, presents, wreaths etc)
- Go on a festive bike ride!
- Try 'Cosmic kids' Christmas themed yoga.



Remember to Tweet @LakesideYork and use the hashtag #healthyselfie

#### Family film challenge

*How many of these Christmas films can you watch before Christmas?*

- The Grinch (PG)**
- Home Alone (PG)**
- Miracle on 34th St (PG)**
- Elf (PG)**
- Arthur Christmas (PG)**
- Polar Express (PG)**
- Christmas Chronicles (PG)**
- Santa Claus the Movie(PG)**
- Nativity! (U)**

#### Marshmallow Snowmen



#### You will need:

- Cake pop sticks or straws
- 2 different sized marshmallows
- Sweets to decorate
- Icing pen

#### Instructions

1. Pop the marshmallows on the stick.
2. Use the icing pen to stick sweets on.

WISHING YOU ALL A HAPPY NEW YEAR!



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### Make A Snow Globe

#### You will need-

- x A Clean empty jar with a screw lid
- x Glitter
- x Small Christmas figure/decoration
- x Distilled water & Glycerine or baby oil.

#### Instructions-

1. Glue your figure on to the inside of your lid.
2. Fill your jar with distilled water.
3. Add your glycerine or baby oil (about a teaspoon depending on the size of your jar)
4. Slowly add your glitter.
5. Place your lid on and seal with waterproof glue
6. Decorate with a ribbon.  
You are finished! Enjoy your very own snow globe!

### Reindeer food recipe

#### *What you'll need:*

- x 4 tbs oats
- x 1 tbs sugar
- x 1 tbs sprinkles
- x 1 tbs bird food

#### *What to do:*

Mix it all together and sprinkle on your front garden.

### Gratitude Christmas Cards

Homemade Christmas presents are the best! Make some personalised Christmas cards for your loved one. Try and include a compliment or a message of gratitude inside.

For example, "Thank you for always making me laugh."

#### Useful contacts

<https://myhappymind.org>

Samaritans - Tel: 116 123 FREE

<https://www.nationaldahelpline.org.uk/> - 08082000247

<https://www.crisis.org.uk/>

WISHING YOU ALL A HAPPY NEW YEAR!