

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-

- A Clean empty jar with a screw lid
- Glitter
- Small Christmas figure/decoration
- 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:

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



What to do:

Mix it all together and sprinkle on your front garden.



Christmas

is a time to slow the pace, appreciate the love of family and friends, and express our gratefulness for every blessing bestowed upon us.

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.nationaldahelpine.org.uk/> - 08082000247

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

WISHING YOU ALL A HAPPY NEW YEAR!