



Wellbeing News

Spring Issue 2 23/24



Firstly, we would like to wish you all a happy Spring break. It's a fantastic time to spend with family, friends and loved ones, so make sure you take the opportunity to have fun and make memories together. With the weather getting sunnier, this break offers a brilliant chance to get involved in nature. Explore your local parks, go for walks, or even have a picnic - the possibilities are endless! Nature provides a wealth of benefits for our wellbeing, and we hope you can take advantage of this by enjoying outdoor activities together. We look forward to seeing you rested and ready for the Summer Term in a few weeks' time.

Jeff and Nugget



Ask yourself

What can I do to be kind today?

Peaceful picture



Look out for the colour of spring and summer – it's on its way!

Five ways to wellbeing



Connect: Play some games with your family or friends, have a go at 'Would you rather'.

Be active: Spend some time outside – at least 60 minutes of fresh air can make you feel alert and is good for your wellbeing.

Keep learning: Keep reading! We are constantly learning when we are reading, and it's fun.

Give: Smile at people. Giving a smile can make someone's day so much brighter.

Take notice: Notice if you are tired, take a break from homework, screen time and look after your wellbeing.

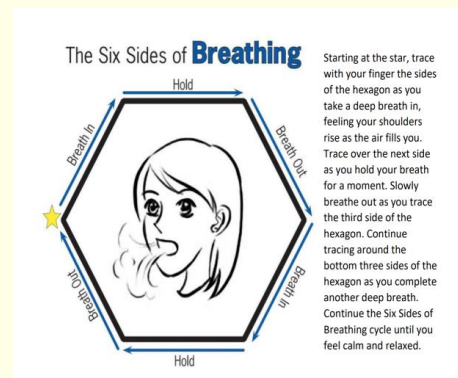
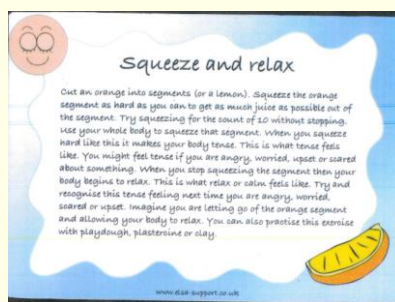
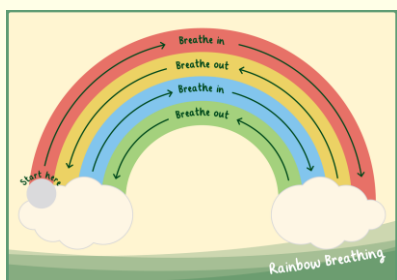
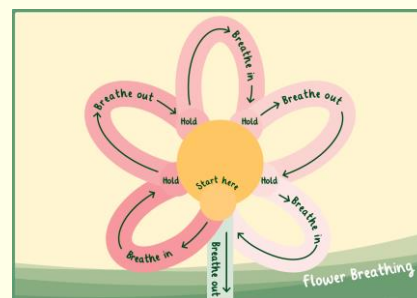
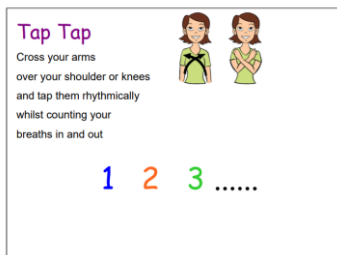
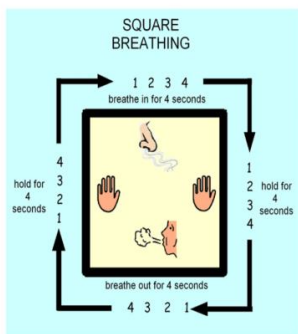
Affirmation

I always have choices

If you need any support or you have any suggestions/ideas for future editions of this newsletter, please contact Mrs Brown – ebrown@lancing.org.uk

Zones of Regulation

The Zones can help you understand, recognise, validate and accept your emotions and learn skills to help you manage your feelings. By using regulation tools, you can attempt to calm yourselves independently. Here are some we have been learning, have a go at practicing over the holidays.



If you need to talk to someone, find a trusted adult or friend and be brave.

THE MIX

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shout
85258
here for you 24/7



Local activities over Spring

With the weather turning warmer and hopefully sunshine on its way, what's better than time off school and some fun activities to do with family and friends. Here are a few that are going on in the local area.

Arundel castle is hosting its **Easter Medieval Festival** from Good Friday – Easter Sunday. Step back in time to 1216 and experience King John and his loyal followers battling to fend off an invasion from France.



Join an Easter Egg Trail around the **Weald and Downland Museum's** 40-acre site, running from Tuesday 2 - Sunday 14 April. Watch the bakers demonstrate their skills in the historic bakehouse over the Easter weekend and enjoy freshly baked traditional Hot Cross Buns. Try out the 'have a go' activities around the museum each day. <https://www.wealddown.co.uk/events/easter-holiday-activities/>



The National Trust provides lots family-friendly activities From Easter egg hunts to spring crafts, wildlife investigations and activities, you can join Bertram Bunny on a fantasy 'Easter Island' story trail at **Borde Hill**. Or head to **Wakehurst Place** and join Bluey and her family as they take over the gardens. With play zones across the landscape, and different activities inspired by the well-loved Bluey.

Puzzle time



SPRING

1. A spring month.
2. A spring flower.
3. The young of a chicken.
4. A colour of spring.
5. A young rabbit.
6. A flower especially of a fruit tree.
7. Plants that have narrow green leaves, that are eaten by cows, sheep, horses etc.
8. The fifth month of the year.
9. To come out of an egg.
10. See picture.
11. A rounded part of a plant that is under the ground and that grows into a new plant during the growing season.
12. A baby goat.
13. The place where a bird lays its eggs.
14. See picture.
15. Spring, winter, summer, fall
16. What snow does in spring.
17. When the sun shines.
18. A long, thin animal that has a soft body with no legs or bones. It lives in the ground.
19. An indoor or outdoor spring activity.
20. To stop being frozen.
21. A baby sheep.
22. A small part that grows on a plant and develops into a flower, leaf, or new branch.
23. A baby horse.



Spring Word Search

N	B	I	Z	D	A	F	F	O	D	I	L	M	E	L	T
M	Q	L	F	F	N	M	W	A	K	E	U	P	N	V	Q
L	J	D	O	L	V	C	O	Q	A	P	R	I	L	W	C
P	L	O	W	O	T	H	L	T	B	H	X	K	A	B	N
G	P	T	F	W	M	E	M	C	H	E	S	Y	D	T	V
R	I	U	B	E	A	R	N	P	B	E	A	H	K	V	V
O	A	L	U	R	H	R	C	K	V	D	R	S	Y	T	G
W	V	I	D	C	R	Y	H	A	S	L	L	S	T	P	V
G	F	P	I	T	E	B	E	L	S	B	F	M	D	E	D
R	Y	F	N	N	C	L	O	C	S	P	A	M	R	A	R
M	W	A	U	Z	W	O	R	L	I	O	R	S	F	N	Y
W	L	J	E	E	F	S	O	I	J	T	M	O	T	K	X
P	A	M	N	L	Z	S	G	Z	L	H	E	Q	U	X	E
F	K	R	I	C	R	O	P	S	J	A	R	R	T	I	
R	Q	R	M	S	O	M	F	R	D	W	S	A	J	A	N
C	P	Y	D	S	E	A	R	T	H	D	A	Y	H	R	H
A	B	U	D	D	H	A	S	B	I	R	T	H	D	A	Y
T	S	E	E	D	R	S	H	O	W	E	R	M	A	Y	N

Find the words below in the grid to the right:

April
April Fool's Day
bloom
bud
Buddha's Birthday
cherry blossom
crops
daffodil
Earth Day

Easter
farmer
flower
grow
June
May
melt
Mother's Day
new leaves

plant
plow
seed
shower
sprout
thaw
tulip
wake up
warm

And finally...

Whether big or small, showing acts of kindness can really make a difference in someone's day. So, let's make kindness a priority during this holiday time.

If you need any support or you have any suggestions/ideas for future editions of this newsletter, please contact Mrs Brown ebrown@lancing.org.uk