

Well-Being Wednesday

Emmbrook Junior Well-Being Newsletter Volume 2

Dear Children,

A hello from Mrs Edwards...

Happy Well-Being Wednesday to you all, and your families! I hope this email finds you safe and well.

I hope you are happily settling in to week two of our Summer Term “working from home” and have remembered you can contact your teachers if you are finding any of your work tricky—don’t sit there feeling worried or overwhelmed, we can help!

This week, I wanted to remind you that we know it is super hard to work from home, even us teachers find it hard too! Whether you find it hard to get motivated to do some learning, or struggle with not being in your usual routine with your familiar teachers and friends, remember that you can do lots of things to help you feel more upbeat, calm, relaxed, happy...and perhaps ready to learn! Why not try out the activity below if you are feeling low? Thinking of things that make us happy and thankful has a habit of cheering us up!

Another good way to help your body and brain relax and feel calm is to do some breathing exercises—it’s ever so strange because we breathe without thinking; but often we are not breathing properly which can make us feel tense. Click the link below to learn how to do box breathing...

A good video to help you do this is here: <https://www.youtube.com/watch?v=YFdZXwE6fRE>

Weekly Well-Being Activities

Gratitude Paper Chains

This week, we are thinking about all the things we can be grateful for and making some paper chains.

First, make a list as long as you can of all the things you are thankful for—my list would include, my house, my two lovely cats, my family, my nice garden, my bike...what is on your list? Think of as many things as you can and write them down.

Now, use some scrap paper and cut into strips. Any scrap paper you have lying around will do, but colourful paper is nice for this if you have any. Write one thing you are thankful for on each strip of paper.

Finally, use a stapler or sellotape and create yourself some lovely paperchains by linking the strips together. Now you can decorate your room with a reminder of all the good things you have and can remind yourself of them when things feel rotten.

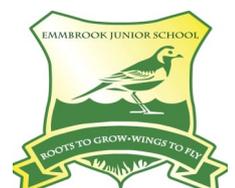


Why did the scarecrow get a pay rise?

Because he was outstanding his field!

What vegetables do librarians like?

Quiet peas!



Get Creative!

This week we have been getting creative...

Making things is really good for your well-being because it gives you a chance to slow down, focus on something you enjoy doing (which helps say goodbye to any pesky worries you have!) and lifts your mood meaning Goodbye to feeling sad, and 'hello' to feeling happy and calm!

We would love to see how you have been getting creative too...

Whether you are dotty for drawing, crazy about crochet or bananas about balloon modelling like Mrs Hawkins, please send in some photos of your creations to your year group email!



Each week, your teachers and teaching assistants will be available for a weekly Catch-up Class Assembly and a Learning Check-In. The details of these have been sent to your parents, so ask them for a bit more info if you need.

Below are reminders of the times of these weekly opportunities for you to check-in with your favourite adults!

Perhaps you've found work a little tricky and want to ask for some advice or yourself a little lonely, frustrated or feeling a bit 'ahh' this week. This is something that can be hard for all of us, but why not give it a go. These sorts of things are things we can let go of in the weekly catch up and find new and interesting ways to fill the week ahead so it is positive and enjoyable.

More than anything, all of the adults at Emmbrook Juniors would love to see your smiling face to help them get through! We all miss you very very much. Hope to see you there!

If you have been invited to a nurture group drop in, your parents will have the log in for Friday, and Mrs Edwards and Mrs Haddock would love to see you for a catch up!



Weekly Check-In Times

Year 3	Year 4	Year 5	Year 6
Ash	Elm	Pine	Fir
Class Assembly- Thursday 9-9.25am	Class Assembly- Thursday 10.30am	Class Assembly- Thursday 11-11.25am	Class Assembly- Thursday 11.30-11.55am
Learning Check-In Wednesday 2.30-3.30pm	Learning Check-In Wednesday 9-10am	Learning Check-In Wednesday 10.30-11.30am	Learning Check-In Tuesday 10.30-11.30am
Larch	Cedar	Maple	Beech
Class Assembly- Thursday 9.30-9.55am	Class Assembly- Thursday 10-10.25am	Class Assembly- Thursday 1.30-1.55pm	Class Assembly- Thursday 1-1.25pm
Learning Check-In Tuesday 2.30-3.30pm	Learning Check-In Wednesday 1.-2.pm	Learning Check-In Tuesday 1-2pm	Learning Check-In Tuesday 9-10am