

NEWSLETTER

April/May 2024

Be the best you can be



The importance of wellness cannot be overstated. In the midst of our daily routines and responsibilities, it's easy to overlook the significance of prioritizing wellness for both our children and ourselves.

At Vicarage, nurturing wellness lays at the heart of our commitment to fostering not only academic excellence but also emotional resilience, social connectedness, and physical well-being. From our curriculum design to our pastoral care, we recognise the integral role that wellness plays in shaping the holistic development of our pupils.

See below practical ways you can support your child's wellness journey while also placing importance on your own well-being.

[Supporting Your Child's Wellness](#)

Encourage Physical Activity:

Set aside time each day for physical activity, whether it's playing in the park, going for a family walk, or participating in sports activities. Physical exercise not only promotes physical health but also enhances mood and cognitive function.



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Promote Healthy Eating Habits:

Offer a variety of nutritious foods at meals and snacks. Involve children in meal preparation and teach them about the importance of balanced nutrition for energy and growth.



Prioritize Sleep:

Establish a consistent bedtime routine to ensure your child gets adequate sleep each night. Limit screen time before bed and create a calming environment conducive to restful sleep.



Foster Emotional Well-being:

Create a safe and supportive environment where your child feels comfortable expressing their feelings. Listen attentively, validate their emotions, and teach healthy coping strategies for managing stress and adversity.



Encourage Social Connections:

Facilitate opportunities for your child to build positive relationships with peers and adults. Encourage participation in group activities, clubs, or community events that foster social connections and a sense of belonging.



"Wellness is the harmony between mind, body, and soul, achieved through small daily acts of self-love and intentional living."

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Supporting Your Own Wellness:

Self-Care Practices:

Prioritize self-care activities that recharge your physical, emotional, and mental well-being. Whether it's reading a book, practicing mindfulness, or enjoying a hobby, carving out time for yourself is essential for maintaining balance and resilience.



Seek Support:

Do not hesitate to reach out to friends, family members, or professional resources when needed. It is okay to ask for help and support when navigating the challenges of parenting and life.



Maintain Healthy Boundaries:

Set boundaries to protect your time, energy, and well-being. Learn to say no to commitments or activities that drain you and prioritize activities that bring you joy and fulfilment.



"True wellness is not just about the absence of illness, but the presence of vitality, joy, and balance in every aspect of our lives."

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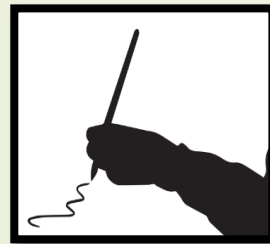
Stay Active:

Incorporate physical activity into your daily routine to boost your mood, reduce stress, and improve overall health. Whether it's going for a walk, practicing yoga, or hitting the gym, find activities that you enjoy and make them a regular part of your life.



Practice Gratitude:

Cultivate an attitude of gratitude by reflecting on the positive aspects of your life. Keep a gratitude journal, where you can jot down things you're thankful for each day, fostering a sense of appreciation and contentment.



By prioritizing wellness for both yourself and your child, you are investing in the foundation for a happy and fulfilling life.

Here are some websites that provide valuable resources and support for parents:

[NHS Live Well](#): The NHS Live Well website offers a wealth of information and resources on various aspects of health and wellness, including healthy eating, physical activity, mental health, and family well-being.

[Mind](#): Mind is a mental health charity that provides support and advice for individuals experiencing mental health difficulties. Their website offers resources for parents on managing stress, promoting well-being, and supporting children's mental health.

[YoungMinds](#): YoungMinds is a charity dedicated to children and young people's mental health. Their website provides information and advice for parents on supporting their child's mental health and well-being, including tips for talking about emotions and accessing support services.

[Change4Life](#): Change4Life is a public health initiative by the UK government aimed at promoting healthy lifestyles and preventing obesity. Their website offers resources for parents on healthy eating, physical activity, and reducing screen time for children.

[Parenting for Lifelong Health](#): Parenting for Lifelong Health is a collaboration between UK and international organizations that provides evidence-based parenting resources and support. Their website offers tips and guidance for parents on promoting positive parenting practices, fostering children's well-being, and managing stress.

[Family Lives](#): Family Lives is a charity that provides support and advice for families on a wide range of issues, including parenting, relationships, and well-being. Their website offers articles, guides, and online forums where parents can connect with others and seek support.

[RSPH](#) - Royal Society for Public Health: The RSPH website provides information and resources on public health topics, including mental health, physical activity, and healthy living. They offer insights and guidance for parents on promoting family well-being and making positive lifestyle choices.

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Dates for your diary

Week beginning 20th May - Road Safety Week

Monday 20th May - Year 5 Parent Assembly

9:15am- 5B & 5Z Parents

2:30pm - 5I & 5Y Parents

Friday 24th May - Last day of term

Monday 28th May - Friday 31st May - Half Term Break

Monday 3rd June - All pupils return to school (Term 6)



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