

VICTORIA PRIMARY SCHOOL NEWSLETTER

"Together we aim for the stars"

22nd January 2021
www.victoriaprimary.co.uk

HEADTEACHER'S THOUGHTS THIS WEEK

Dear Parents,

Yet again, thank you for the amazing support that you are giving both your children and the school!

This week, I sent a letter to all grown ups explaining the importance of happiness and health during this unusual time. Below, I have added some possible activities that support positive mental health. Please let me know if you try any of them at home.

Have a lovely weekend,
Mrs Daniels

9 ACTIVITIES TO DO WITH YOUR CHILD AT HOME DURING LOCKDOWN TO HELP THEM LOOK AFTER THEIR MENTAL HEALTH



1 MINDFUL COLOURING

There are a number of great mindful colouring books that can boost creativity and help your child stay focused on the present moment



2 MY HAPPY PLACE

Find a quiet and relaxing space and for 5 minutes close your eyes and imagine yourselves in a safe, calm and soothing place



3 MINDFULNESS

Encourage your child to use all their senses to try and connect with an activity that they are doing



4 BOX BREATHING

Use box breathing as a simple way to teach your child how to effectively engage in breathing techniques



5 DEEP BREATHING

Deep breathing is a great technique to help your child calm both their mind and body



6 EXERCISE

Play or engage in some exercise with your child. This is great for boosting mood and reducing stress and anxiety



7 3 GOOD THINGS

Each night before bed encourage your child to write down 3 good things they have achieved from their day and what it says about them as a person



8 SELF SOOTHE BOX

Create a self soothe box with your child. This is a box that includes items which connect to all your senses and help calm you down during times of distress. E.g. smell - a scented candle, sight - a picture that evokes a positive memory



9 SCHEDULE

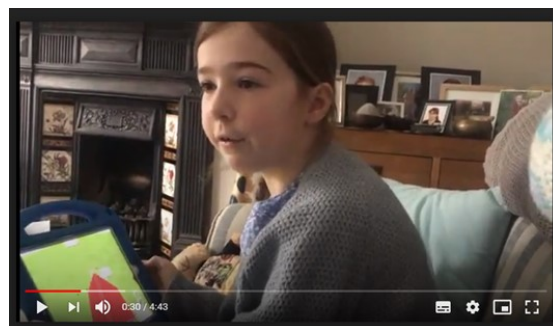
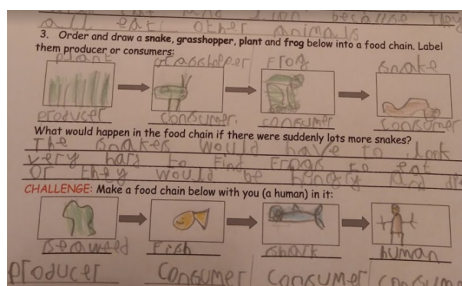
Use an activity schedule and work with your child to schedule things into their week which provides them with a sense of pleasure, achievement and connectedness



@BELIEVEPHQ



Star of the week



Reception

Year 1

Year 2

Year 3

Year 4

Year 5

Year 6

Isaac Pinell Henry Dicks

Sophie Samuel Martha Hughes

Molly O'Brien Emily Egglestone Linus Prance Oscar Morgan

Jack Samuel Ellie Hughes Daphne Thompson

Logan Walls Seren Jinks Lucien Wingren

Thomas Morgan Gracie Godfrey Dyfan Evans Luke Morgan

George Wood Ethan Hillman Lula Afia Ava Beighton