



Wyre Forest School Sport Partnership

October Half-term

Wellbeing Newsletter



Wyre Forest School Sport Partnership wants to support the schools and families across the Wyre Forest in looking after our physical and mental health.

The information, tips and links you will find within this newsletter are to support the whole family (adults and children) to improve your overall wellbeing. We will send out a newsletter in time for each school holiday, linking opportunities with the '5 Ways to Wellbeing'.



Connect with other people

The Big Neighbourhood Pumpkin Trail. Put a pumpkin in your window or outside your home for you all to find when out walking on Halloween. Be as creative (and scary!) as you like and put a smile on everyone's faces! How many pumpkins can you spot over the Halloween weekend?

Take time each day to be with your family: Try to arrange a fixed time, each day, to eat dinner together.

Arrange a catch up with friends and/or family: Whether this be in person, a video-chat or phone call, set time aside one day during the holidays to stay in touch. This might be with someone who you haven't spoken to in a while, is on their own or who lives far away from you!

Learn new skills

Try making something new: Have a go at making these 'Halloween Monster Face Biscuits'. There are lots of other recipes, including some really healthy options at www.nhs.uk/change4life/recipes.

Make a fat ball for birds: This is the season for looking after birds, and fat-ball making is simple and easy to do, although delightfully messy! Mix cheap lard or hard cooking fat with birdseed and shape it into balls (this is easier if you soften the fat slightly first). These can be placed in commercially available feeders, or you can hang them up in nets. Hang these tempting treats in your garden, well away from where any cats can reach them!

Star gazing: Since it gets dark earlier in the autumn, go out for a bit of stargazing before your usual bedtime. The moon and stars get questions rolling!
www.amnh.org/explore/ology/astronomy/a-kids-guide-to-stargazing



Halloween Monster Face Biscuits

Ingredients

- Round biscuits (buy some or make your own)
- 450g icing sugar
- 4-6 tbsp water
- Green food colouring
- A selection of colourful sweets: lips and teeth, chocolate beans, strawberry laces, dolly mixtures etc.

Method

1. Make the icing by gradually mixing the water with the icing sugar until it forms a paste. Add several drops of green food colouring and mix in.
2. Spread each round biscuit with the green icing.
3. Use the sweets to decorate the biscuits with monster faces.
4. Store in a cool place until set.





Give to others


7 Ways Children can make a difference in the world: Check these out!

5 Acts of Kindness: Small acts of kindness make a big difference. Draw around your hand. Think of 5 kind acts that you can do during half term and write these onto each finger. For example, being more helpful at home, writing to a friend or relative or thinking about how they can safely help someone in the community. Young people can carry these out individually or they can be carried out together, as a family. Although we can't control everything in life, the one thing that we can ALL control and choose to be, is kind #BeKind






Pay attention to the present moment (mindfulness)

Mindfulness Challenges: Give you and your family opportunities to be aware of the moment and reflect on feelings and thoughts. Try one, or some, of the following challenges to offer a moment of calm each day.



Mindfulness Challenges



<p>Challenge 1 – Yoga Sequence</p> <ul style="list-style-type: none"> Look at the yoga poses below - there are nine poses. Practice each one. Hold it for 8 seconds and breathe deeply. Remember to be comfortable – don't try and over-stretch. 	<p>Challenge 2 – Rainbow Breaths</p> <ul style="list-style-type: none"> Stand with your feet shoulder width apart, arms gently resting by your sides. Slowly raise your arms up and take a deep breath in. Try to breathe in until your hands reach each other over your head. Breathe out slowly while lowering your hands. Visualise the beautiful rainbow you are making. Repeat 5 to 10 times. Each time you breathe in imagine you are adding another colour to your rainbow. Once your rainbow is done, slowly open your eyes. 	<p>Challenge 3 – Mindfulness of Touch</p> <p>You will need a range of household objects.</p> <ul style="list-style-type: none"> Sit in a quiet, relaxing space and practice mindful breathing with your hands behind your back. Then, get a member of your family to place an object in each of your hands without showing you. Can you figure out what the object is? Think about the shape, texture, size and other qualities. (examples include dice, game pieces, coins, marbles, shells, pinecones etc.) Talk about how much you can learn from 'touch' if you are paying attention and what you can't learn (such as colour or taste). Give a couple of clues if struggling to guess the object. 	<p>Challenge 4 – Colouring</p> <p>Use our free Halloween colouring sheets to offer a moment of calm each day. These are available via - https://mp.s4/bf8Nv66</p>
<p>Challenge 5 – Sense Countdown</p> <p>Sit or stand still. Close your eyes or look downward. Take 3 deep breaths in and out. Open your eyes.....</p> <ul style="list-style-type: none"> notice 5 things you can see notice 4 things you can touch notice 3 things you can hear notice 2 things you can smell notice 1 thing you can taste <p>Close your eyes and take 3 deep breaths between each countdown.</p>	<p>Challenge 6 – Cross the Swamp</p> <ul style="list-style-type: none"> You will need two pieces of paper per player. Put the first piece on the floor and step onto it. The put the other piece on the floor and step onto that one. Next person has their go. Repeat so that you travel across to the other side of the swamp. Try not to fall/step into the swamp. <p>Easier way: Keep the swamp small so you don't have to travel across too far.</p> <p>Harder way: Use one piece of paper each – you can have two people on it. How fast can you get across? Time yourselves.</p>	<p>Challenge 7 – Colouring</p>	<p>Challenge 8 – Colouring</p>

7 WAYS CHILDREN CAN MAKE A DIFFERENCE IN THE WORLD

Big Life Journal

1 BE KIND

To practice **kindness**, consider these simple ideas:



“Be a **RAINBOW** in someone's **CLOUD**.”

GET INSPIRED

Watch “Color Your World with Kindness” Read “Be Kind” by Pat Zietlow Miller

CREATE

Create and decorate “Kindness Cards” or “Kindness Rocks” to hide in fun places

CHOOSE

Choose 2-3 ideas from 56 Random Acts of Kindness or from Kindness Bingo to try



2 PERFORM A DAILY GOOD DEED

- Brainstorm a list of good deeds, and check out “50 Ways to Make a Difference” in Big Life Journal’s **Kindness & Community Kit**.
- Pick one idea from “5 Ways I Can Show Kindness Today” and **try it**
- Create a Good Deed Calendar
- Record positive actions with the “Kindness Tracker” in **Big Life Journal’s Kindness & Community Kit**.
- Make it a family affair by **committing** to your own **daily good deed**

3 PLANT A GARDEN

The act of planting a garden **teaches children** to be stewards of the environment, **gaining appreciation** for the effort of farmers and the importance of caring for the earth.



- Find a Space:** Even if you don't have a yard, there are options!
- Create a Plan:** Decide what kind of garden you'd like to plant
- Get Your Plants:** Try seeds from a hardware store, or “starter” plants
- Start Planting:** Start digging and get to work!

4 SHOW GRATITUDE



5 CHAMPION A CAUSE



- Incorporate moments of gratitude** into family time: morning or evening routines, family meetings, or other rituals
- Write and deliver a “Letter of Gratitude”** from the Big Life Journal’s Gratitude Kit
- Create the “Gratitude Tree”** and display in a visible spot
- Complete Big Life Journal’s 7-Day Gratitude Challenge**
- Listen to **Big Life Kids Podcast** Episode 7: “Discover How Gratitude Can Change Your Life”
- Volunteer** at a local animal shelter, donate pet supplies or foster a pet
- Set up a **“Blessings Box”** in your front yard to collect food and hygiene items for the homeless
- Make a **care package** with travel-sized toiletries and food items
- Read** about the tweens who created Gotta Have Sole after meeting a student experiencing homelessness at school
- Sort through and **donate** gently used clothes and toys

6 BE A GOOD NEIGHBOR



7 STAY INSPIRED



- Smile and wave** each time you see a neighbor
- Walk around the neighborhood **picking up trash**
- Offer** to walk a neighbor’s dog
- Make **cards or care packages** for neighbors who’ve undergone surgery or had a new baby
- Roll garbage cans** up the driveway for an elderly neighbor
- Research** activist kids for proof you can make a difference at any age
- Follow young activists** like Greta Thunberg, Malala Yousafzai, and Zev Dickstein Shapiro on social media
- Read positive news articles** (try Good News Network, Good News Today, or Sunny Skyz)
- Create a Big Life Board** or “inspiration station” at home where kids can keep a visual of their hopes and dreams



Be physically active

Spooky Spectacular at West Midlands Safari Park: (22nd – 31st October) Can you face the Perils of the Pumpkin Patch this Halloween? Enjoy a family day out in Worcestershire at the West Midland Safari Park and join in the *Spooky Spectacular* over October half term. There will be lots of Halloween decorations and hundreds of pumpkins in the pumpkin patch. Families will be able to make the acquaintance of 'Patch', the park's new pumpkin scarecrow character and have fun on his spook-tastic activity trail. All this seasonal fun is in addition to the usual attractions including the four-mile Safari Drive-through, the African Village and theme park rides. To find out more and to book: www.wmsp.co.uk/wmsp-events/spooky-spectacular/

Ghost trains on the Severn Valley Railway: (28th – 30th October) Searching for places to take the children in the West Midlands this Halloween? Find out whether you are brave enough to climb aboard the Severn Valley Railway's Ghost Train! Make your way along the dark platform at Kidderminster Station to reach your seats. Once aboard the train, hold on tightly as the train roars away, passing through haunted stations. There will be Halloween goodie bags for brave children who survive the spooks and scares! The train journey will last about 75 minutes. Strobe lighting will be used at some stations during this event and actors in costume will be on the station platforms and on the train itself. Tasty Treat boxes containing a selection of snacks are available to order ahead and collect on the day from The Valley Suite at Kidderminster Station before departure. To find out more and to book: www.svr.co.uk/SEItem.aspx?a=105

Halloween at Ralph Court: (17th – 31st October) Enjoy a great family day out for Halloween at Ralph Court Gardens in Herefordshire and soak up the spooky atmosphere. Expect light effects, eerie sounds, glowing pumpkins, smoke effects and fun animated Halloween characters around the three-acre gardens. Visit during the day and enjoy the inflatables, clown tent, haunted house and graveyard. Perhaps you will even take advantage of the free coffin measuring service? Look out for the animatronic witches busy with potion making in the coven. Meanwhile, the evening experience includes additional attractions such as the shy ghosts, singing pumpkin trio, Haunted Manor and Halloween Light Show. www.ralphcourtgardens.co.uk/halloween-2019

Churchfields Pumpkin Festival, Scary Fairy Trail, Weird & Wonderful Maze: Prepare for the spooky season this half term by bringing the kids to our Pumpkin Festival! Pick your own pumpkins from our field then wheelbarrow them to the carving barn for some unique styling. Your ticket also includes entry into the Scary Fairy Trail & our Weird & Wonderful Maze! <https://churchfields.farm/event/2021-half-term-pumpkin-festival/>

Little Owl Farm: Little Owl Farm's Tractor & Trailer PYO Pumpkin activity is back again for the October Half Term! Come along, hop on to their tractor trailer and pick your own pumpkin ready to take home and carve! Make Your Own Chocolate Apple is also back after a sell-out 2020. Treat your taste buds and make your very own chocolate apple to devour. Our Polytunnel has been taken over by a giant spider named Hunter! Will you be able to make it around the Spider Web Trail without getting caught? As usual, we are encouraging your little monsters to dress up in their spookiest get-up! www.littleowlfarmpark.co.uk/seasonal-events/halloween/

Avoncroft Museum: (30th October) Avoncroft Museum and the Artisan and Reenactors Market present All Hallows Weekend and All Hallows Evening – an entire weekend of Living History Halloween Traditions and scares! <https://avoncroft.org.uk/product/all-hallows/>

We welcome any feedback on this newsletter and would love to see any photos/videos of families taking part in any of the Wellbeing activities. Please Tweet or email us:



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