



Wyre Forest School Sport Partnership Christmas Wellbeing Newsletter



As we approach the end of 2021, we reflect on another challenging year. However, looking after our physical and mental health remains incredibly important. The information, tips and links you will find within this newsletter are to support the whole family (adults and children) to improve their overall wellbeing through opportunities that are linked to the '5 Ways to Wellbeing'. Wyre Forest School Sport Partnership would like to wish schools and families across the district a

Merry Fitmas & a Happy New Year!



Connect with other people.

Make and send a Christmas card: Christmas is a time of goodwill. It is a time when people make an effort to think of others, particularly those who might be finding this time of year difficult. Why not make a Christmas card for someone who might be on their own, whose family are far away and unable to be with them or who might be finding it a particularly sad or stressful period. What kind words can you say that might make a difference to how they are feeling?

Take time each day to be with your family:

Check out our '25 days of Christmas family activities'. How many of the activities can you tick off during December?

Arrange a catch-up call with friends and/or family:

Whether this be 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!

25 DAYS OF CHRISTMAS Family Activities



1 Make a hot chocolate	2 Write Christmas cards	3 Go Christmas Shopping	4 Watch Christmas films in pyjamas	5 Decorate Christmas tree
6 Listen to Christmas music	7 Have a games night	8 Sing Christmas carols	9 Decorate gingerbread	10 Wrap presents
11 Read a Christmas book	12 Write a letter to Santa	13 Christmas jumper day	14 Go ice skating	15 Make paper chains
16 Make paper snowflakes	17 Visit Santa Clause	18 Bake Christmas cookies	19 Make homemade gifts	20 Eat mince pies
21 Have a Christmas party	22 Post Christmas cards	23 Have a Christmas Quiz	24 Draw a snowman if you can't build one	25 Random act of kindness



Learn new skills.

Learn to draw: Check out **Art for Kids Hub** YouTube Channel.

Lots of art lessons, perfect for any age and even more fun to do together as a family. All you need are a few basic supplies! Make a start on the Winter and Christmas Art projects -

www.youtube.com/playlist?list=PLnoO3k54vcBRDtZRzGWMFZECXx-ORI2Yc

Try getting creative with something new: Have a go at making some fun festive treats, that you can either eat or use to decorate your tree!

<https://www.bbcgoodfood.com/recipes/ultimate-easy-gingerbread> To add to the fun send pictures of your creations to us at amays@shs.saet.co.uk.

Make homemade Christmas playdough: Why not have a go at making some homemade Christmas playdough.



Christmas Playdough

Ingredients

Cornflour
Lotion/hair conditioner
Liquid watercolours or food colouring
Essences/oils/spices such as vanilla extract, cinnamon spice, peppermint extract, ginger spice
Glitter

Equipment

Spoon
Bowl

Method

1. Add a desired amount of cornflour to a bowl.
2. Slowly mix lotion into the cornflour until the desired dough consistency is reached.
3. Once the dough is mixed, divide it into equal parts. If the mixture is a little sticky, add some more strong flour and if it's a little dry, sprinkle on some more water.
4. Add the colours and essences as you choose e.g. yellow food colouring with vanilla extract, green food colouring with peppermint extract, brown colouring with ginger spice.





Be physically active.

Bodenham's Nativity Trail: (Sat 27th Nov – Sun 2nd Jan) Follow the stars that take you on a walk around the Arboretum's 'Big Pool' and take part, if you wish, in their walk-along Christmas quiz! The trail takes you to the Farmyard where you can see live nativity scenes and where the farm animals reside for the winter months. You can explore the rest of the Arboretum – over 5 miles of woodland walks! There is a 'take-away' Christmas Kitchen serving hot / cold drinks, including mulled wine, hotdogs, hot turkey baguettes and cakes. <https://www.bodenhamarboretum.co.uk/events/>

Breakfast with Santa at Churchfields: After a delicious full English Farmers breakfast, elves will escort you to a very special, socially distanced group audience with Santa. Children will be able to choose an unwrapped gift on departure. After the Santa experience, families can visit the Churchfields elves to write a letter to Santa, mix up some magical reindeer food and maybe even decorate some gingerbread! Then they can also explore their fabulously festive Fairy Trail.

Adult tickets include a Churchfields Farmers breakfast with fruit juice, tea or filter coffee. The children's ticket includes a Little Farmers Breakfast, juice and a present from Santa.

<https://churchfields.farm/event/duplicated-breakfast-with-santa-2021/>

The Enchanted Gardens at Webbs: This winter, Webbs of Wychbold are delighted to bring you their fairy tale light trail - 'The Enchanted Gardens'. They have been busy extending their beautiful Riverside Gardens at Wychbold into the woodland beyond and they'd love you to bring all the family to experience the magic. Tiptoe through the glowing toadstools in the fairy gardens, past the illuminated gingerbread houses and into the woods to find Hansel & Gretel's cottage. Beware of the giant! Wrap up warm as you journey onto the snowy North Pole to see Santa and his elves busy in their workshop before taking some festive photos to remember the occasion. Once you've completed the trail, warm up in their beautiful festoon-lit tipi tents where a great selection of food and drink will be available. www.webbsdirect.co.uk/enchantedgardens/

Christmas at Little Owl Farm Park: The Christmas Grotto Experience is back once again and the cheeky elves have lots planned for this year to keep you busy! www.littleowlfarmpark.co.uk/seasonal-events/christmas/

Christmas at Attwell Farm Park: Enjoy a Magical Experience in Father Christmas's Winter Barn Workshop at Attwell Farm Park. Father Christmas & his elves have been working very hard this year to present you all their best Christmas event yet!! What's included?

Postal polar express - Write Father Christmas a letter, tell him everything you want for Christmas and post it in his magical letterbox. **Decoration station** - Decorate a tree ornament to take home and hang on your tree. **Create reindeer food** - Guide Rudolph and his team this Christmas Eve with some magical reindeer feed you can mix and create in his workshop. **Decorate a Christmas card** - Decorate your very own winter barn Workshop Christmas Card to gift to someone special. **Reindeer round up** - Find the missing reindeer around the farm to help Santa leave in time for Christmas Eve departure.

<https://attwellfarmpark.co.uk/events/christmas>

Ice-skating at Sixways: An under-cover outdoor ice-rink is coming to Sixways this festive season, opening on 26 November 2021 and running through to 31 December 2021. The covered real-ice ice rink can host up to 75 skaters at any one time and will be staffed by fully qualified skate marshals. All ages over four years are welcome to skate, whatever their level of ability. Their school of dolphins will be available to assist any younger skaters on the ice. The rink will be open at the following times: Mon-Thurs: 10am-8pm, Fri-Sat: 10am-10pm, Sun: 10am-8pm. The sessions will begin on the hour and will last for 45 minutes with a 15-minute change over period. The 'Scrum Club' onsite will be open daily offering hot drinks and snacks so skaters and non-skaters alike can keep warm before and after skating.

<https://raring2go.co.uk/herford-and-worcester/whats-on/skatesixways>



Give to others.

Reverse Advent Calendar: This year, local Foodbanks are encouraging families to create a 'reverse Advent Calendar'. Find a box and everyday add in an item either from the list opposite, or of your choice. Deliver your full box to your local Foodbank so that those in need can enjoy Christmas without worrying about food!



Pay attention to the present moment (mindfulness).

Christmas mindfulness colouring party placemats:

Why not make some festive placemats for the dinner table on Christmas Day? There are 6 different designs to colour. <https://jmp.sh/lvKPULh>

Christmas wordsearches: Test your logic/puzzle skills with these Christmas themed wordsearches – there are 3 puzzles to complete!
<https://jmp.sh/QezBP5D>

Yoga in a Winter Wonderland: Bend like a candy cane! Balance like a Christmas tree... Enhance your physical and mental wellbeing through some winter-themed yoga - <https://jmp.sh/XLe7GHm>

Christmas mindfulness activities:

Breathe like Santa: To help children practice slow, controlled breathing, take a deep breath in, hold it for a moment and slowly let it out with a slow, "Ho ho ho." It feels silly at first, but this really helps children feel their chests fall as they let the air go.

Hear the Bells: Grab some jingle bells or handbells for an easy listening activity. Ask the children to tune in to just the sound of the bells. Notice the vibrations of the sounds. Notice where they feel the bells in their bodies. And notice any feelings that come along with it!

Settle the Snow Globe: Shake a snow globe and watch it settle! Notice how the snow falls and glides. Notice the slow, gentle movement. Feel your body settle as the snow falls.

REVERSE ADVENT CALENDAR

EACH DAY ADD AN ITEM TO A BOX.
ON CHRISTMAS EVE DONATE THE CONTENTS TO A
FOOD BANK.

December 1 - box of cereal
December 2 - peanut butter
December 3 - stuffing mix
December 4 - boxed potatoes
December 5 - macaroni and cheese
December 6 - canned fruit
December 7 - canned tomatoes
December 8 - canned tuna
December 9 - dessert mix
December 10 - jar of applesauce
December 11 - canned sweet potatoes
December 12 - cranberry sauce
December 13 - canned beans
December 14 - box of crackers
December 15 - package of rice
December 16 - package of oatmeal
December 17 - package pasta
December 18 - spaghetti sauce
December 19 - chicken noodle soup
December 20 - tomato soup
December 21 - can corn
December 22 - can mixed vegetables
December 23 - can carrots
December 24 - can green beans

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5 Ways to Wellbeing



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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@WyreForestSchoolSportPartnership