



Wyre Forest School Sport Partnership Christmas Wellbeing Newsletter



As we approach the end of 2022, 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'. The All Active Academy would like to wish schools and families across the district a very

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? Feel free to use templates to get you started - <https://jmp.sh/8bvVBOLE>

Take time each day to be with your family: Check out our '25 days of Christmas family activities'. How many activities can you do 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! www.bbcgoodfood.com/recipes/ultimate-easy-gingerbread.

Make homemade Christmas playdough: Why not have a go at making some homemade Christmas playdough! What festive colours and creations can you think up?



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 26th Nov – Mon 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! See here for more information: www.ticketsource.co.uk/whats-on?q=Bodenham%20Arboretum%20nativity

Farmer Christmas experience at Churchfields: After arriving at Passport Control, you can check in and collect your very own passport for the Farmer Christmas experience. Meet Farmer Christmas in their very special personalised show. Full of magic, song and dance there will be an opportunity to have a photo with Santa at the end and, of course, collect a present from his toy shop. To book this fabulous family festival day out, see here: <https://churchfields.farm/farmer-christmas-at-churchfields-2022/>

The Enchanted Gardens at Webbs: From Saturday 5th November through to Monday 2nd January, Webbs of Wychbold are delighted to bring you their fairy tale light trail - 'The Enchanted Gardens'. Immerse yourself in fairy tale world, as you make your way through twinkling lights and lanterns to the snowy North pole...this magical experience covers 6 different stories brought to life through a mixture of stunning lighting, giant lanterns, projections and enchanting sounds! The route should take up to 1 hour to complete then you can warm up inside, where a great selection of food and drink will be available. www.webbsdirect.co.uk/enchantedgardens/

Little Owl Farm Park Christmas Grotto 2022: If you are looking for a festive family day out this Christmas, then a visit to Little Owl Farm Park should be at the top of your list. Spend the day visiting Santa, plus all the fun of visiting the farm too! www.littleowlfarmpark.co.uk/whats-on/christmas/

Father Christmas and the Winter Barn Workshop at Attwell Farm Park: Make your Christmas magical this year and experience Father Christmas in his Winter Barn Workshop at Attwell Farm Park. Father Christmas and his elves have been hard at work to bring you their best Christmas event yet!! As you approach Father Christmas' Grotto, you will be greeted by his head elf who will check if you are on the naughty or nice list. You will then get to meet Father Christmas as he prepares for his big night. If you have been good this year, you will get to enter his exclusive toy shop at the farm to pick a present of your own! <https://attwellfarmpark.co.uk/events/christmas/>

West Midlands Safari Park Lantern Festival: See nature in a new light at their lantern festival. Discover their epic lantern trail, where you can enjoy mesmerising lighting displays, marvel at a wild range of breath-taking lantern displays and explore the walk-through areas of the park like never before. With over 40 light groupings, all with a flora and forma theme, over a thousand individual lanterns will light up the park making a fantastic family evening out. Events start at 5pm and the park closes at 8.30pm - www.wmsp.co.uk/wmsp-events/lantern/ .

**The safari drive through and theme park rides will be closed during the evening event.*

Christmas day Parkrun: Start your Christmas Day with some Christmas cheer at your local festive Parkrun! Have lots of fun completing the course with friends and family. To add to the festivities, why not wear something Christmassy to mark the special day! To find out where you can take part, visit the following link: www.parkrun.org.uk/special-events/

imoves Active Advent: Looking for an amazing, fun and active learning environment on the lead up to Christmas? Active Advent is jam-packed with awesome activities for primary school children aged 4-11...it's FREE, fun, active and educational! https://imoves.com/activeadvent2022?utm_source=sgo&utm_medium=email&utm_campaign=activeadvent



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!

Donate a gift with Dunelm: Help us deliver joy at Christmas. Help yourself to a tag from delivering joy tree in your local store. Each one offers an insight into who is going to be receiving your gift. Once you have sorted their present, pop it in a sealed gift bag and take it back into store by Sunday 11th December. Dunelm will deliver the gifts in the run up to Christmas. Make someone's Christmas with these 3 simple steps:

- 🌲 If you have [Dunelm](#) local to you, see if they have a tag tree or ask staff members for a tag.
- 📄 The tags are wishes from both children and adults that will have nothing this Christmas.
- 📦 Pop the presents into a gift bag and take back to store before the 11th December. To find out more - www.dunelm.com/info/delivering-joy

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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Pay attention to the present moment (mindfulness).

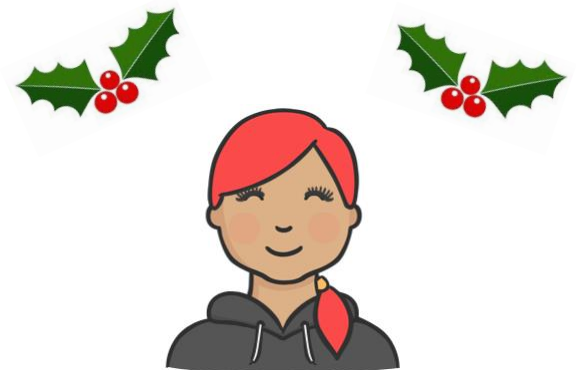
Christmas mindfulness colouring party placemats: Try making some festive placemats for the dinner table on Christmas Day? Here are 6 different designs: <https://jmp.sh/lvKPUIh>

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>



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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