



Wyre Forest School Sport Partnership

Summer Term

Wellbeing Newsletter



Welcome to our summer term Health & Wellbeing Newsletter – our final for the academic year 2022-23! 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’. With this in mind, we would like to wish schools and families across the Wyre Forest a safe, active and much deserved summer break.



Connect with other people.

Bromsgrove Carnival: Support your local community at your local carnival. Go and show your support to the local charities and businesses at this free to attend event and enjoy mixing with others through various entertainment including: sports, music, dog shows and funfairs to name a few!

- **Worcester Carnival:** Saturday 1st July at Pitchcroft
- **Droitwich Spa Carnival:** Friday 4th to Sunday 6th July kicking off in King George’s Field
- **Bromsgrove Carnival:** Saturday 15th July at Sanders Park
- **Stourport Carnival:** Saturday 2nd September in Stourport-on-Severn Town Centre and by the River

Reach out to someone in need: Whether it be an elderly neighbour, family member or sibling. Can you help someone in need, complete a daily task such as gardening, making them a cup of tea or just having a chat!

Women’s World Cup sweepstake: Looking forward to World Cup 2023? Make things even more exciting with this Women’s World Cup 2023 Sweepstake - <https://jmp.sh/BcTB90lg>. The kit includes a large Women’s World Cup 2023 sweepstake poster that lists all 32 participating countries. There’s also a separate countries list to cut out and put in the hat to select from. Each person that is joining the sweepstake picks a country at random (out of a hat or bag). They can then cheer on their drawn country in hope that they make it to the final. The winner of the sweepstake is the person who picked the country that wins the tournament!



Learn new skills.

It’s time to learn a new skill this summer!

Women’s World Cup Design Challenge: Have a go at designing with these Women’s World Cup themed challenges - <https://jmp.sh/k6twzING>. You can design a medal, kit, trophy or even your own football!

Summer reading challenge: The Summer Reading Challenge 2023 is the UK’s biggest free reading for pleasure programme for children. Taking place annually, the Challenge encourages children aged 4 to 11 to keep reading during the summer holidays. It kicks off in England on Saturday 8th July where the theme is sport. Find out more here – <https://summerreadingchallenge.org.uk/join-in> **#ReadySetRead**

Give Origami a try: Spend some time learning to make origami! There are lots of origami models that are easy and fun to fold. Here are some simple step-by-step instructions that anyone can have fun making - <https://origami.guide/instructions/easy-origami/> Why not try these origami ice cream cones for a summer twist? - <https://youtu.be/ybmXJVe2QpA>





Be physically active.

With the warmer days and brighter evenings, the summer holidays are the perfect time to head outdoors and get closer to nature. From hunting for bugs and planting seeds to whittling wood and building secret dens, there are so many things for families to do.

30 day fitness challenge: Here we have a fun, 30-day fitness challenge for children that will keep them active and healthy during the coming weeks. Can you come up with your own 30 day fitness challenge? <https://themumeducates.com/30-day-kids-fitness-challenge-active-kids/>

Activity Dice: Looking for quick and easy activities for children? Try these printable activity dice. Simply print, cut, fold and glue for a cube, then roll for an active challenge! <https://activeforlife.com/printable-activity-dice/>

Arrow Valley Countryside Park may seem peaceful and quiet, but behind the trees, in the lake and even underground there is a hidden world of creatures leading very busy lives! Explore the Hidden Creatures Family Art Trail, opposite the car park near the Visitor Centre, and discover some of the animals and birds that inhabit the park. [See leaflet for more info.](#) Happy hunting! How long it takes you to complete the trail? When the younger members of the family have mastered this trail, why not try the all-ages orienteering courses?

Summer walk: Let's keep it simple! If the weather is nice, just go for a nice, long walk in your local area. Make a note of what flowers you see or use this plants and flowers hunt sheet to see how many you can tick off. You can download this fun checklist here: <https://jmp.sh/BbuDP8G>

Join Healthy Steps: The Healthy Steps NHS initiative is here to help you and your family be healthier and happier, by providing easy ways to eat healthy and move more.. Register here - https://healthysteps.betterhealth-healthierfamilies.co.uk/signup?bh_hf and you will receive regular emails featuring top healthy eating tips, quick and easy family recipes, fun activities for kids, offers and lots more!

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Sport England Join the Movement: Sport England have put together a bank of resources, ranging from free to small monthly costs, to help keep you active at home. See how many you can give a go over the summer holidays! <https://www.sportengland.org/jointhemovement>

30 Day Fitness Challenge © The Mum Educates

Day 1 Do 10 star jumps.	Day 2 Hop around like a frog for 20 seconds.	Day 3 Touch your toes 10 times.	Day 4 Balance a ball on your head.	Day 5 Spin in a circle for 10 seconds.
Day 6 Walk like a crab for 1 minute.	Day 7 Stretch as high as you can.	Day 8 Choose a song and create your own dance routine for the song! Perform it in front of your family.	Day 9 Pick up a ball from floor without using your hands.	Day 10 Take 10 giant steps.
Day 11 Balance on one leg for 30 seconds.	Day 12 Do 6 cartwheels.	Day 13 Lay on your back and peddle your legs like you are on a bike.	Day 14 Skip the rope for 1 minute.	Day 15 Make your own hopscotch. Play it for 1 minute.
Day 16 Stretch like a cat. Do it 5 times.	Day 17 Do an egg and spoon race with your sibling.	Day 18 Dance like a chicken for 1 minute.	Day 19 Walk backwards 10 steps and then skip back.	Day 20 Do 10 squats in 30 seconds.
Day 21 Wiggle like a worm for 20 seconds.	Day 22 Do Yoga for 10 minutes. You can find videos on YouTube.	Day 23 Tiptoe for 15 seconds.	Day 24 Throw a ball in the air and catch it. Repeat 10 times.	Day 25 Shake your arms and clap your hands. Do this 5 times.
Day 26 Create your own obstacle course and time yourself doing it!	Day 27 Do gorilla shuffle for 15 seconds.	Day 28 Lay on the floor. Lift your arms and legs above the floor for 10 seconds.	Day 29 Balance a book on your head for 15 seconds.	Day 30 Do 10 sit ups in one minute.

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Give to others.

Friend/Family Gratitude: Grab some slips of paper and write something nice about a friend and then give it to them. Could you make similar 'compliment slips' for everyone in your family or your class? Sunday 30th July is **International Friendship Day** – what better day to give this a try!

Charity Donation: Find some old toys or other items that could be donated to a charity. How could your donation help others?

Make a friendship bracelet: Friendship bracelets are a classic summer craft that you'll want to make all year long. Watch the tutorial below to learn how to make them! www.youtube.com/watch?v=h0NJgrwqpxg

Community litter pick: Do your bit for your local community and make a difference by becoming a #LitterHero! www.keepbritain tidy.org/get-involved/volunteer/litter-heroes

Get cooking: Mini milkshakes - Make these cute, mini-fruit milkshakes for a family picnic. With three flavours to suit everyone, try banana, strawberry & raspberry and mango & coconut.



Pay attention to the present moment (mindfulness).

Mindfulness colouring: Have a go at these Let's Doodle About Summer colouring pages - <https://jmp.sh/DxZMAEU>

Gratefulness: Make a list of all of the things that you are grateful for. Could you show these on the petals of a flower drawing or the coloured stripes of a rainbow painting?

Women's World Cup Top Cards: Show your support for the England women's football team throughout the World Cup 2023 with this Top Cards Games - <https://jmp.sh/HZ6rYCeR>

Summer Yoga: Enhance your physical and mental wellbeing through some summer related yoga activities on www.kidsyogastories.com/summer-yoga/

Can you complete their summer yoga flow which is:

- Triangle pose
- plank pose and
- boat pose.



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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