

# # Wellbeing Wednesday



Votes for Schools 🤔

Have a look at the full vote pack on the Year 5 section of the NV website and then cast your vote by clicking on this link:

<https://www.surveymonkey.co.uk/r/vfs-primary-child-actors>

Connect

Give someone a call!

Ask your family if you can call a family member or someone from our class. Check in with them and ask them how they are. Tell them what you've been up to and what you're looking forward to doing the next time you see each other!


Hearing each other's voices will make you BOTH feel great.

Be active

Get active! Go for a walk or jog, do an exercise video, set up an obstacle course in your house or garden, turn on your favourite music and dance around for half an hour...?

Keep learning

The personal enrichment sessions were a fantastic part of Wellbeing Wednesdays. They allowed us to try something new and possibly establish a lifelong hobby or interest!




Think about what hobby you might like to take up at home. Dedicate time to your hobby every Wellbeing Wednesday. Here are some ideas...

**Learning a language** – you could use Duolingo  
**Writing** – write your own comic strips, poetry or graphic novels?  
**Reading** – take some time to get lost in a book!  
**Drawing** – you could use YouTube tutorials or draw things that interest you  
**Rambling** – enjoy walking in nature  
**Exercise** – try out a new way of keeping fit. It could be dancing, yoga, boxing – there are lots of free online classes on YouTube!  
**Coding** – use Scratch or other free coding websites  
**Gardening** – don't have a garden? Notice the nature outside your window or on your walks!  
**Crafts** – get inspired to create something!  
**Games** – learn a new game, like chess...?  
**Music** – listen to music, or create your own!

Take notice

Have 5 minutes of 'Mind Time'

Find somewhere quiet where you can sit and relax. Use your 5 senses to notice what you can see, hear, smell, taste and touch. Notice how your mind and body is feeling today. Think about some of the animations we have watched in Mind Time...you don't have to run out into the traffic and chase the thoughts, just watch them.



Give

Give your time to someone today!

You could offer to help a family member with some chores, or tidy your room? You could read a book to a younger sibling or play with them for a while?

## Class council meeting

Listening to your ideas is incredibly important to us at New Valley. On Friday, we held our first remote school council meeting and now it is time for our class council meeting! The children did a fantastic job and you should be very proud of your class representatives. So we can listen to as many of you as possible, please have a look at what was discussed in the meeting and email your own answers and suggestions to your teacher.



## How are you finding distance learning so far?

1. What activities/aspects of learning from home are you enjoying? What has been your favourite activity so far?
2. What activities/aspects of learning from home are you finding harder?

## What can we do to help?

3. Have you got any tips to help your friends when they are learning at home? They might be missing their friends, or finding it hard to concentrate?
4. Is the work on the website easy to follow?
5. Is there anything you would like the teachers to add more of or change?



## Any other business

6. Do you have any other suggestions or anything else you would like to share?