



FLO Newsletter

Welcome to Mrs Wright's Monthly Newsletter, a chance to share advice, support and tips linked to adult and child wellbeing.

Summer Wellbeing



SUPPORTING YOUR WELLBEING DURING SUMMER
Useful tips to enjoy your summer

Spend time outside
Spending just 10 minutes outside in the sun (be careful and wear sunscreen if longer) can improve your mood and increase your serotonin and vitamin D levels.
Sit in your garden or any outdoor space with an iced drink or read a book.

Keep active
Whether it's playing sports, going for a run, walk, swim, bike ride, yoga or helping in the garden it's great for our mental health to stay active.

Stay connected
It's important to keep in touch with friends and family over the holidays to help with any stresses of the day, feel cared for and less isolated.
Arrange to meet up in person if possible but video chats and regular check ins can help feel connected.

Have a night time routine
Try to go to bed and get up at the same time every day where possible.
Avoid any food, drink and screen use at least an hour before sleep.
Read a book or meditate to relax.
Keep your room cool and comfortable for a good night's rest to allow your mind and body to reset.

Plan activities
To help keep you motivated, make a plan of activities you would like to do during the summer.
These don't have to cost, it could be a photography walk, arts and crafts, movie or game nights or making recipes together using leftovers!

Volunteer*
A great way to keep busy and is very rewarding. You could support your local community, small businesses or charities. This could be in a charity shop, community gardens, fruit or litter picking and local events.
*Check age restrictions and where parental consent is needed for under 16.

Eat well and drink water
Having a balanced diet can improve your sense of wellbeing and your mood.
Drinking water throughout the day can reduce stress, anxiety as well as support with brain and organ function and maintain your body temperature.

IMAGO
Creating Change Together
www.imago.community



The 6 Principles of Nurture

A set of values all staff follow to ensure we focus on children's social and emotional wellbeing in school.

1. Children's learning is understood developmentally
2. The classroom offers a safe base
3. The importance of nurture for the development of wellbeing
4. Language is a vital means of communication
5. All behaviour is communication
6. The importance of transitions in children's lives



Attendance

Thank you for your ongoing support with your child's attendance.

It is important that we work together to ensure children are in school, learning and thriving. The class with the best attendance in June was **Apple** (again!) with **98.75%**.

Well done Apple- brilliant job!

Whole school attendance

2024/2025: 94.69%

2023/2024: 93.65%

A great improvement from last year!

Thank you for your continued dedication and support. Next year, we will be focussing on further increasing our attendance and improving lateness as this is still an ongoing issue.

Happiness

Progress

Success