

Windsor Clive Primary School

Wellbeing Newsletter 2025



Welcome to Windsor Clive Primary School's first monthly 'Wellbeing Newsletter'. The intention of this newsletter is to highlight the importance of our children's wellbeing and mental health.

Our value this term is Trust - focus on these values enables all members of our school community to THRIVE!



Did you know we are a Silver Rights Respecting School, and that we're going for our Gold Award? The children of Windsor Clive know that **all** children have rights and the whole school community have embedded those rights throughout everything we do. Please ask your children if they can tell you about their rights (there are lots!).

Our Right of the Month is Article 2 - No Discrimination

ABCDE of Rights

- Universal** - rights are for **All** children.
- Inherent** - rights are there from **Birth**.
- Inalienable** - rights **Cannot** be taken away.
- Unconditional** - rights **Do not** have to be earned.
- Indivisible** - all rights are **Equally** important.

All children have all these rights, no matter who they are, where they live, what language they speak, what their religion is, what they think, what they look like, if they are a boy or girl, if they have a disability, if they are rich or poor, and no matter who their parents or families are or what their parents or families believe or do. No child should be treated unfairly for any reason.

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Sleep

Did you know that sleep helps your brain to remember, helps your body recover and grow, helps your mood and even your immune system?

Things that can help us get better sleep:

1. Bedtime routine - having a set of activities you do every time, at the same time, in the same order, can help 'train' your brain to know it's time to go to sleep.
2. Beds are for sleeping! It's really tempting to lie on your bed and watch TV, scroll on your phone or chat with your friends, but this makes it hard for your brain to learn that going to bed means going to sleep.
3. A good sleep environment - make sure your room is dark, cool, quiet and comfy.
4. Quiet, calm, relaxing activities before bed, like colouring, reading or listening to an audiobook.

<https://abuhb.nhs.wales/hospitals/a-z-of-services/symptom-management-service/sleep-for-children-and-young-people/>

Breathing techniques for children

Imagine that you are a whale. Breathe in, hold your breath and count to 5. Then tilt your head to the sky and blow that breath out.

Imagine that you are a rabbit. Take 3 quick breaths in then 1 long breath out.



Start with your hands by your sides. As you breath in, raise your hands above your head as if you're drawing a rainbow. As you lower your hands back down, breathe out.

Put one hand flat on your chest and one hand flat on your belly. Breathe in and notice how your belly raises first and then your chest. Breathe out and notice how your belly falls first and then your chest.

Here's some techniques to try before going to bed! They can also help when you're having a wobble, and feeling upset or cross.

