

# Windsor Clive Primary School

## Wellbeing Newsletter October 2025



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

Our value next term will be 'Healthy'. Here are '5 Ways to Wellbeing', that will help you stay healthy inside and out!

**HEALTHY** because good physical and mental health improves well-being.

- CONNECT**  
TALK & LISTEN, BE THERE, FEEL CONNECTED
- BE ACTIVE**  
DO WHAT YOU CAN, ENJOY WHAT YOU DO, MOVE YOUR MOOD
- TAKE NOTICE**  
REMEMBER THE SIMPLE THINGS THAT GIVE YOU JOY
- KEEP LEARNING**  
EMBRACE NEW EXPERIENCES, SEE OPPORTUNITIES, SURPRISE YOURSELF
- Give**  
Your time, your words, your presence

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 28 - The Right to Education.

Every child has the right to an education.

# 28

Primary education should be free. Secondary and higher education should be available to every child. Children should be encouraged to go to school to the highest level possible. Discipline in schools should respect children's rights and never use violence.

### 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.



## FUN FACTS ABOUT SLEEP

**Did you know** that the average person spends 229,961 hours asleep in their lifetime? That's 9581 days, or 1369 weeks or 26 1/2 years!

**Did you know** that while you're in primary school, you need 10-11 hours sleep every night?








**Did you know** that everyone dreams, even if you don't remember? You likely have 4 - 6 dreams a night, and they help your brain process the day's events.

**Did you know** that sleep is like 'tidy-up time' for your brain? During sleep, your brain organizes all the things you learned that day.

**Did you know** that device screens create a blue light, that makes your brain more awake and harder to get to sleep?

**Did you know** that having a messy bedroom can stop you from having a good sleep? It is much easier to fall asleep when your bedroom is tidy!

## Self-care bingo

Drink lots of water	Enjoy time outside 	Create your own daily affirmations	Set aside some quiet time to relax	See someone that makes you happy	List three things you enjoyed about this week	Have a good night's sleep
Tidy your room	Have a bath	Try a new hobby	Make someone smile	 Listen to your favourite music	Watch your favourite film	Create a bucket list
 Read your favourite book	Have a dance around	Try meditation	Eat a nutritious meal	Focus on what you can control	Have a digital detox	 Say something nice to yourself in the mirror
Think what you are thankful for	 Try a new sport	Talk about your feelings with someone you trust	Practice calming breathing techniques	Dress up in your favourite outfit	Establish a morning routine	Spend time with friends
Have a treat night	Ask for help when you need it	Do stretches or yoga	Go for a walk 	Set yourself some realistic goals	Start a journal	 Celebrate your success - no matter how big or small

The Autumn/Winter months can sometimes feel cold and long. Why don't you try and tick off these actions over half term?