

# Windsor Clive Primary School

## Wellbeing Newsletter November 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 Right of the Month is Article 24 - The right to healthcare, clean water, healthy food and a clean environment.

The guide below shows how much of what we eat should come from each food group to achieve a healthy, balanced diet. You do not need to achieve this balance with every meal, but try to get the balance right over a day or even a week.

**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.

Children have the right to the best health care possible, clean water to drink, healthy food and a clean and safe environment to live in. All adults and children should have information about how to stay safe and healthy.

# 24





## Does your child struggle to sleep?



Do you want some support?

Could you use a coffee?

Fancy winning a free Christmas hamper?



If you do, join us at Cardiff West CHS for a Sleep Support Workshop Thursday 11<sup>th</sup> December 10.00am-12.00pm

## Did you know?

Reading at night has been shown to help children (and adults alike!) fall asleep faster and stay asleep longer because their brains associate bedtime with rest and relaxation.

Remember, books can be borrowed from our school library. Why not try an audiobook?

## 25 DAYS OF CHRISTMAS Family Activities



Here are '5 Ways to Wellbeing' that can help us stay healthy inside and out.



Connect with other people - why not try one of these 25 family activities throughout December!



1 Make a hot chocolate 	2 Write Christmas cards 	3 Go Christmas shopping 	4 Watch Christmas films in pyjamas 	5 Decorate Christmas tree 
6 Listen to Christmas music 	7 Have a games night 	8 Sing Christmas carols 	9 Decorate gingerbread 	10 Wrap presents 
11 Read a Christmas book 	12 Write a letter to Santa 	13 Christmas jumper day 	14 Go ice skating 	15 Make paper chains 
16 Make paper snowflakes 	17 Visit Santa Clause 	18 Bake Christmas cookies 	19 Make homemade gifts 	20 Eat mince pies 
21 Have a Christmas party 	22 Post Christmas cards 	23 Have a Christmas quiz 	24 Draw a snowman if you can't build one 	25 Random act of kindness 