

Windsor Clive Primary School

Wellbeing Newsletter March 2026



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 31 - The right to play, something that School Government are continually working to improve!

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.

Every child has the right to rest, relax, play and to take part in cultural and creative activities.

31

Feelings charts are powerful visual tools that help children bridge the gap between experiencing an emotion and effectively communicating it. For many children, "big feelings" can be daunting and difficult to put into words. Try these words to help expand emotional vocabulary, normalise emotions and build empathy.



Why not try this stretch before bedtime?

Safety - you can do this on a carpet floor or mat with enough space to stretch out arms and legs. Hold the pose for at least two breaths. Keep breathing, move slowly into the pose, never overstretch and if any pain is felt, stop immediately.



Yoga Cards

Child's Pose - Balasana

Benefits Stretches the hips, thighs, and ankles; calms the mind; relieves stress and fatigue.

- 1** Kneel on the floor, touching your big toes together.
- 2** Sit back on your heels and separate your knees hip-width apart.
- 3** Exhale, bringing your head down, and rest it on the floor in front of you.
- 4** Place your hands wherever they are comfortable by your head, your knees, etc.
- 5** Relax and breathe, holding this pose.



Positive Intentions for the Day

Can you write three simple positive intentions for each week of March?
Here are some examples!

- "I will use my words to make people feel good"
- "I can handle challenges"
- "I am grateful for today"
- "I can do hard things"

How to Use Daily Intentions

- **Morning Routine:** Repeat intentions aloud during breakfast or on the way to school.
- **Mindfulness Moments:** Take deep breaths and focus on feeling calm and loved.
- **Reflection:** Ask children to share one thing they are proud of or one kind thing they did, focusing on the present moment.