The Hive

Lancing Prep Worthing
A Lancing College Preparatory School

Wellbeing News

Summer Issue 1 24/25

I don't want to say it too loud in case – but Summer is here, especially with the beginning of our Summer Term and what a term of excitement we have planned. There is always a lot to look forward to during the Summer term and this term is no exception; we have trips, Careers week, Third Generation Day, The School production of Aladdin, and so much more…….

Looking after yourself in the Summer

Summertime is wonderful, exciting and fun.
Its still important to look after yourself.

- Eat a balanced diet and stay hydrated – make sure you have enough energy for your fun.
- Lots of physical activity can keep your body, mind and emotions healthy and positive.
- Spend time with your friends, socialising is fun and good for our mental health.
- Rest, relaxation and down time is very important for your regulation and emotional wellbeing. Do something calming that makes you happy.
- Stay safe- whether you're at the park, pool, beach, or with friends, remember the rules and beware of the risks.

Ask yourself

What am I looking forward to this term?

Five ways to wellbeing

Connect: Push yourself from your comfort zone and interact with some new friends and peers. Build some new connections, in the classroom, during clubs, outside of school. 'Be Kind'

Be active: Summer club sign up – put your name down for some of our active and energetic afterschool clubs, staying active is the key to wellbeing.

Keep learning: Make the most of your library scheduled visits at school and explore new books and expand your knowledge on various topics. 'Love learning'.

Give: Get involved in charity events, it's a wonderful way to give something back to the community and make a positive impact. 'Go out into the world and do good'

Take notice: Can you write down 3 things you have been thankful for during your day, for a whole week. This allows you to appreciate the positive aspects of your life.

Peaceful picture

'Live in the sunshine,
swim in the sea and
breathe in the summertime air'

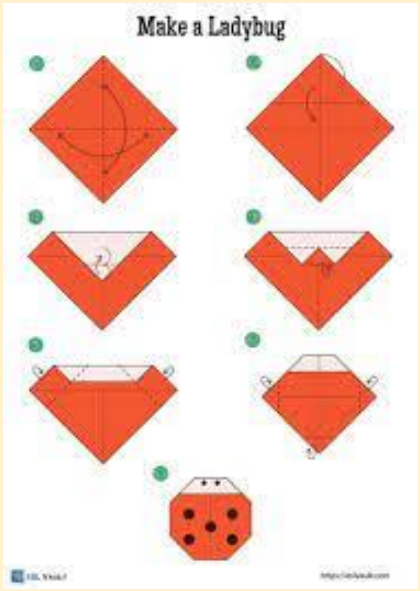
Affirmation

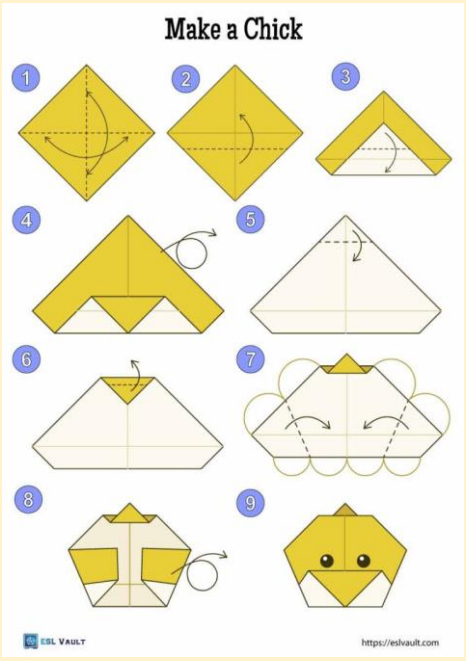
My determination and persistence sets me apart from the rest.

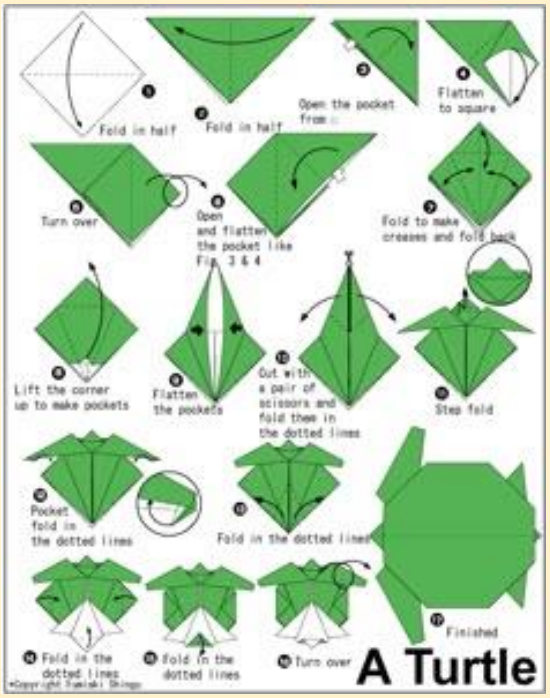
If you need any support or you have any suggestions/ideas for future editions of this newsletter, please contact Mrs Brown – ebrown@lancing.org.uk

Wellbeing Newsletter

Let's try some origami







Try your skills at beginners and move on to advance level – Can you make anything else?

Puzzle Corner

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Time to get involved

Have you made something, taken part in an activity, been somewhere that you would like to share, please send your photos or entries to ebrown@lancing.org.uk and I can include them in our next issue for all to see. Let's get creative

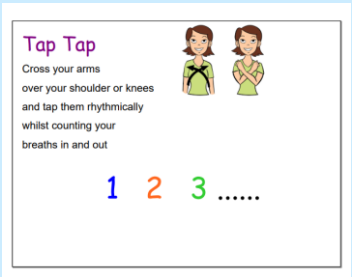
Can you guess?

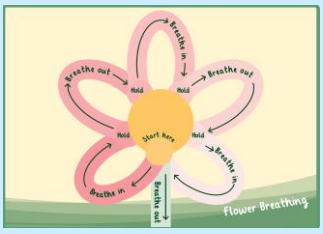
My family (Mrs Brown's) has had a new addition join us over the Easter holidays! Its very exciting. Can you guess what it is?

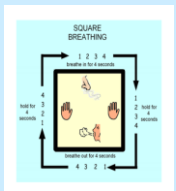
House points are up for grabs for the children who guess correctly. Post your guess with your Name and Year in The Hive Post box by Friday 2nd May…….

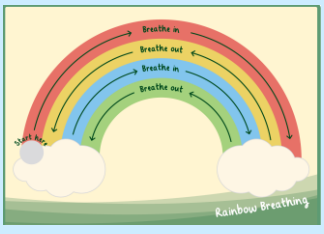
Toolbox

Keep practicing, by using regulation tools you can learn to calm yourselves independently.









If you need to talk to someone, find a trusted adult or friend and be brave.

THE MIX
FREEPHONE 0808 808 4994
www.themix.org.uk

shout
85258
here for you 24/7

ChildLine
0800 1111

And finally…

Be Kind, Love Learning and Go out into the world and do good

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