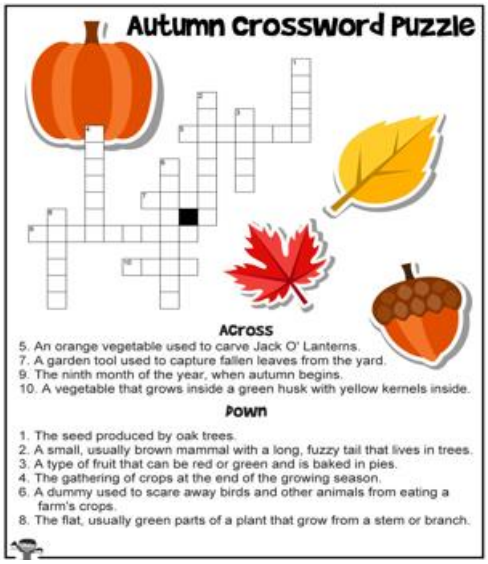
The Hive Wellbeing News

Lancing Prep Worthing
A Lancing College Preparatory School

Autumn Issue 1 25/26

Welcome to our 25/26 Autumn Term. It's so lovely to see you all. As the leaves turn golden and the air grows crisp, we welcome the Autumn Term across our school community. This season is a wonderful time to reflect, reset, and reconnect—with ourselves, with nature, and with each other. It's a time to set some new goals and think about what you want to achieve during this academic year.



Ask yourself

How can I spread kindness in all I do?

Five ways to wellbeing

Connect: Talk to some one outside of school and share something about your day that you enjoyed or learnt.

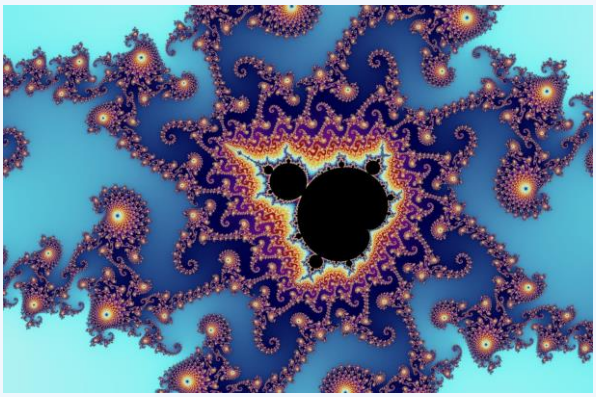
Be active: Stretch or do yoga. In the morning when you wake up, take a few moments to stretch up to the celling and down to the floor, Stretching can help wake up your muscles ready for the day ahead and you can feel more relax and ready to go.

Keep learning: There are so many teachers with so much knowledge, come and ask questions about things you are curious about and learn new things.

Give: Say Thank You. With just two small words you can make a big impact and show appreciation to others when they are kind or help you. Saying thank you can show that you have noticed their 'giving'

Take notice: In Autumn nature is always changing, Keep a nature diary or take photos of interesting things that you find, that remind you of autumn.

Peaceful picture



''It makes me feel calm''
picture chosen by
Cody (Year 7)

Affirmation

I have faced the challenge of starting my new Academic year and I'm okay!

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

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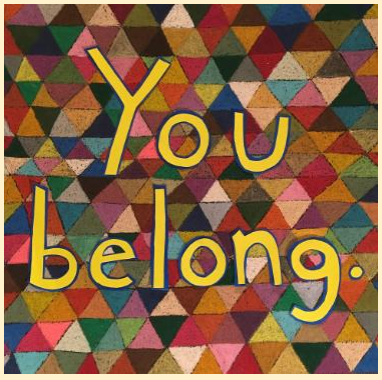


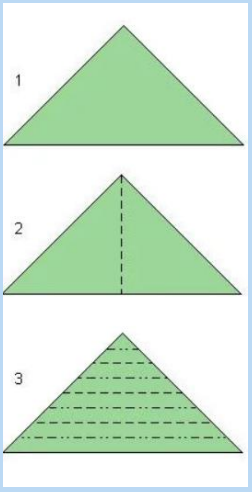
Belonging to our community

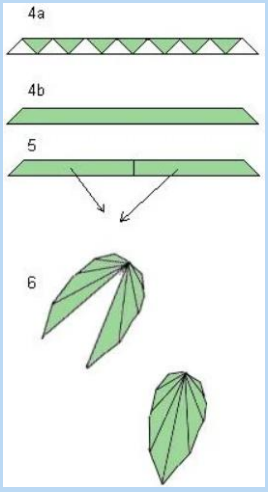
At school, being part of our community means that everyone can feel included, cared for, and important. When you feel you belong, you know that your ideas matter, your friends support you, and your teachers want the best for you. It's like being part of a big team, where everyone helps each other learn, grow, and have fun.

Belonging helps us feel safe and happy, and school can be a place where you can be yourself, try new things, and build strong friendships. When we all work together, include others, and show kindness, our school becomes a warm and welcoming place for everyone.

Be Kind

Easy Origami Leaf





This easy origami leaf starts with a triangle and requires glue. It is one of the easiest ways to make a leaf and it looks beautiful.

1) Take a square sheet of paper and cut it in half to form a triangle.

2) Valley fold the triangle in half and unfold.

3) Pleat the triangle accordion style. The number of pleats you can make will depend on the size of your paper. Generally, the more pleats you make, the better the leaf will look. See below.

4) Stack and press the pleats together tightly. The paper will be flat and narrow. One side will look like a checkerboard (4a) while the other side will be a solid colour (4b).

5) Apply a little glue along the solid colour side. Fold the stack of pleats in half using the crease made in step 2. Bring the left and right halves together. Hold the halves together until the glue dries.

6) Flare open the pleats to form a beautiful leaf.

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Practicing for better regulation and resilience

Learning to manage your emotions is a superpower—and practicing it every day helps you get better at it!

The more you practice, the easier it becomes to handle tricky situations like arguments, stress before a test, or feeling overwhelmed.

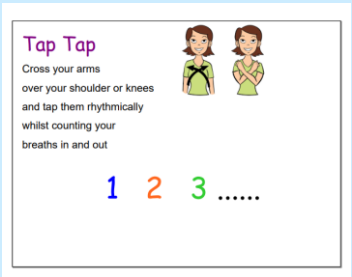
When you use techniques like our Zones of Regulation strategies, Figure of 8, Star Breathing, Counting to ten, or talking about how you feel, your brain starts to remember what works to help you stay calm and focused.

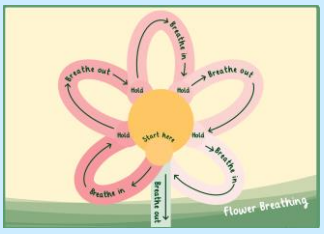
These habits help you make good choices, feel more confident, and get along better with others. It's like training your brain to be strong and steady, even when things feel tough.

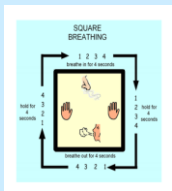
Practice twice a day, teach your family and friends and you **will** feel better ☺

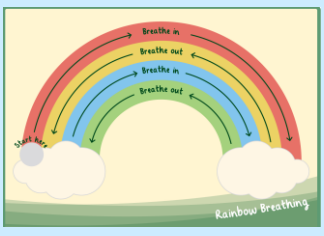
Toolbox

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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