The Hive Wellbeing News

Lancing Prep Worthing
A Lancing College Preparatory School

Summer Issue 2 24/25

As we wave goodbye to another school year and welcome the sunshine of summer, we want to celebrate all the amazing growth, laughter, and learning that's taken place. Whether it was making new friends, trying something new, or simply showing kindness, every moment has helped shape a wonderful year. Now it's time to rest, recharge, and enjoy the adventures that summer brings. Remember to take care of yourselves, stay curious, and keep spreading kindness wherever you go. We can't wait to see all your bright smiles again soon!

Nugget wishes you all a wonderful and restful summer break and he will be ready for lots of cuddles when we return. XX

Ask yourself

What have I achieved this academic year?

Five ways to wellbeing

Connect: Spend time with people you care about - Play games with your family, call a friend, or write a letter to someone special. Talking and laughing with others makes you feel loved and supported.

Be active: Move your body - Run, jump, dance, swim, or ride your bike! Moving your body helps you feel strong, happy, and full of energy. Try a new sport or just play outside with friends.

Keep learning: Try something new - Summer is a great time to explore new hobbies. Learn to bake, paint, build something, or even try a new language. Every new thing you learn helps your brain grow!

Give: Be Kind and Helpful - Do something nice for someone else. Help a neighbour, share your toys, or give a compliment. Being kind makes others happy – and it makes you feel great too!

Take notice: Enjoy the little things - Look around and notice the beauty of summer – the flowers, the clouds, the sound of birds. Take a moment to breathe deeply and enjoy the world around you.

Peaceful picture

Soaking in the sunshine, listening to the breeze — summer's quiet magic is all around.

Affirmation

I try always to do my best
and
I am enough

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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🌈 Top Tips for a Happy Mind This Summer!

🧠 1. Talk About Your Feelings
It's okay to feel all kinds of emotions. If you're feeling sad, worried, or just need a chat, talk to someone you trust — like a parent, carer, or friend.

🌞 2. Stick to a Routine
Even though school's out, having a simple daily routine (like waking up, eating, and going to bed at regular times) helps your brain feel calm and safe.

🚴‍♂️ 3. Get Moving, eat and sleep well 🍎
Exercise is great for your body and your mind too! Go for a walk, ride your bike, dance around the living room, or play outside. Healthy food and plenty of sleep help your brain stay strong and focused. Try to eat colourful fruits and veggies and get enough sleep each night.

🧘‍♀️ 4. Take Time to Relax
Make time to chill out. Read a book, draw, listen to music, or just lie in the grass and watch the clouds. Quiet time helps your brain recharge.

👫 5. Stay Connected
Keep in touch with friends and family. Play together, send a message, or have a video call. Feeling connected helps, you feel supported and happy.

🎯 6. Do Things You Enjoy
Make time for fun! Whether it's building Lego, painting, playing games, or exploring nature — doing what you love boosts your mood.

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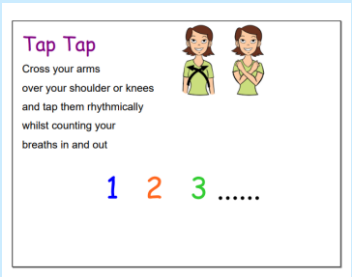
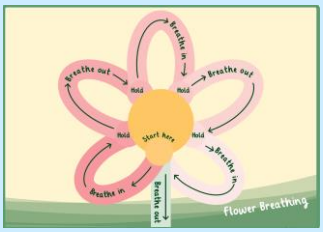
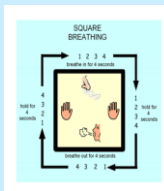
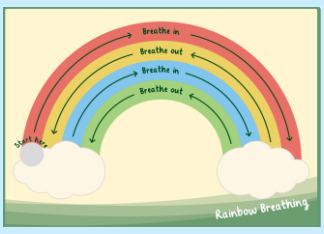
Toolbox

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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