

Well being



Larkholme Primary School

Autumn 2023



Well being at Larkholme

This term we have lots of activities planned to promote well being.

- Mrs Mellow is launching our team of Friendship Ambassadors.
- We will be working with the local charity Kindness Counts UK.
- Year 5 and Year 6 will be making willow structures to help enhance playtimes.
- OAL is focused on promoting team work this half term.
- If you are concerned that your child is struggling with low level anxiety, please contact Mrs Mellow to discuss a referral to the SHINE team.
- From Monday 9th October, Rachel from Fleetwood Town will be running a Mindful Club (over lunchtime) for Year 6 children. If you feel this may benefit your child, please contact Mrs Sims.



Ideas for Autumn

Autumn tips to help boost your mood:

- Wrap up and go for a walk looking for the different signs of autumn.
- Make a leaf pile and jump in it!
- Make a bird feeder.
- Go hunting for conkers.
- Share a good book by a cosy fire or snuggled under a blanket.



Well being clinics

If you would like to book a meeting, please contact the office on 01253 874024 and ask to speak with Mrs Mellow.

Dates of upcoming clinics:
21st Sept
2nd Nov
14th Dec