

Well being



Larkholme Primary School

Spring 2023



Well being at Larkholme

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

- Rachel from Fleetwood Town Headstart will be working with Year 6 on managing worries and anxiety.
- Pupils can earn golden tickets for our reward day raffle.
- We are putting the finishing touches to our Starlight room which has been designed to support pupils with self-regulation and managing sensory differences.
- We are finishing our Elmer for the Elmer Parade and look forward to seeing him on the trail in Blackpool.
- Our outdoor learning sessions include story telling and map work this term. As well as getting ready for Spring.
- Our Eco Club will be supporting our local community by doing some gardening at the Mount in Fleetwood.



Ideas for Spring

Spring tips to help boost your mood:

- Plant some seeds and watch them grow.
- Go for a walk and look for signs of spring.
- Join in with the Big Bird Watch.
- Plan a no devices day!
- Try a new hobby as a family.



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.

Clinics are held in school but we can organise a home visit if that is preferred.