

# Well being



Larkholme Primary School

Summer 2024



## Well being at Larkholme

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

- Eco Club will be working with Fleetwood in Bloom to create beautiful flower displays.
- Larkholme Friends will be out and about supporting their peers on the playground.
- We have a football coach in 3 lunchtimes a week to promote exercise and fair play.
- Year 6 will continue to do work around transition and preparation for high school.
- Year 6 will be going on their residential- an excellent opportunity to apply all their outdoor learning skills.
- Our next Golden Ticket raffle will take place.
- Year 6 will be taking part in our careers fair.
- We will be holding our mental health and sports week.
- We will be welcoming our new starters to the Larkholme family.



## Ideas for Summer

Summer tips to help boost your mood:

- Go for a stroll
- Have a picnic
- Start a journal
- Practice mindfulness
- Go exploring
- Prioritise sleep
- Digital detox



## 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.