

# Wellbeing Warriors – What's



## Been Happening?

Summer 2024

Good bye Year 6 and thank you for being a part of the Wellbeing Warrior team this year.



Our Wellbeing Warriors have won an award for all their hard work!



### World Wellbeing Week

From the 24<sup>th</sup> to the 30<sup>th</sup> June, the whole school celebrated World Wellbeing Week. We focussed on the five steps to wellbeing.

#### FIVE WAYS TO WELLBEING



#### Useful links

<https://www.nhs.uk/every-mind-matters/supporting-others/childrens-mental-health/>

Anti-Bullying Alliance for Parents:

<http://anti-bullyingalliance.org.uk/advice/parents-carers/anti-bullying-tool-for-parents/>

Anti-Bullying Alliance for Children:

<http://anti-bullyingalliance.org.uk/advice/children-young-people/>

Our Online Safety page:

<http://www.howleygrange.co.uk/parents/esafety-for-parents.htmlh>

