



Well Being @ White Bridge



How have you been looking after your wellbeing recently?

This newsletter's platform guide is for Roblox—so, if this is a platform that is used in your house, please take a look and read the top tips to keep safe!

SAVE THE DATE: There will be a talk about keeping children safe online delivered by 'The Two Johns' on **Wednesday 19th June 2019**— this part is for the adults. As for the children, there will be a pyjama movie night! We can't reveal the film yet, but- 'everything will be awesome'....again!



Healthy Mind



How much sleep do you get?
What time do you go to bed?



Try going to sleep a little bit earlier than usual over the next few weeks and see how it makes you feel.



Healthy Heart



When have you made someone else feel happy?



Help someone out with a job, or something they are finding difficult.



Healthy Body



How many different fruits and vegetables can you name? How many do you eat?



Try a new fruit or vegetable!



E-Safety



What information do you need to keep private online?



Check that all of your settings are age appropriate and that your accounts are set to 'private'.



Something to talk about



Something to do