



Well Being @ White Bridge



Welcome to our first Well Being at White Bridge Newsletter. We will be sending these home regularly to help us all to think about how we can keep ourselves and others healthy.

You'll find some ideas on how to keep our minds, hearts and bodies healthy, as well as some ideas to think about for E-Safety because we know it is such an important topic. With each newsletter, we will send a 'platform guide' from the National Online Safety website for parents and carers— please take the time to read these and share/discuss as a family when or if it is appropriate.



Healthy Mind



What do we like about ourselves?
What are we good at?



Try something new this month— remember to discuss it with an adult first!



Healthy Heart



What have you done this month to make yourself feel proud?



Tell 3 different people something that you like or admire about them.



Healthy Body



How active are you? How much exercise do you do each day?



Put on your favourite song and dance around the room!
(How about you ask someone to join you?)



E-Safety



Do you know all the age limits of the apps, games and websites you use?



Go on to www.thinkuknow.co.uk and have a look at some of the games!



Something to talk about



Something to do