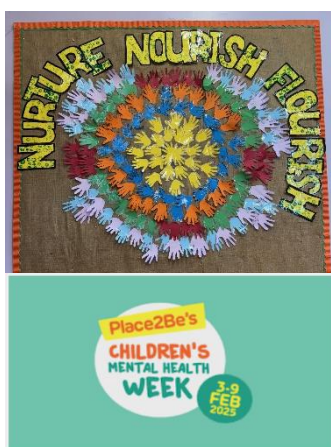


Issue 2

April
2025



Welcome to the second wellbeing newsletter for our Edén Federation School Community, designed to bring together some wellbeing ideas for everyone in our Federation family: pupils, parents and guardians and staff.



As we step into the bright and fresh days of spring, we are reminded of the importance of renewal, not just in nature, but in how we care for our minds and hearts. Just like flowers bloom and trees grow, this season offers us a wonderful opportunity to focus on our mental health and wellbeing and grow in positive ways.

During the first half of the spring term we observed Children's Mental Health Week, which took place from 3rd - 9th February. At St. Peter's the children created a display of hands. On every finger and thumb, the children wrote the names of trusted adults they could turn to if they need support. You can see it on display in the hall.



Five Ideas for Springtime Wellbeing



Spring Clean Your Mind



Spring is a time for fresh starts. Just as we clean our homes, it's also a great time to clear our minds. Encourage your child to talk about any worries or stress they might have and help them find healthy ways to manage those feelings. A tidy mind can help bring peace and calm.

Springtime Mindfulness Moments



Take a few minutes each day to sit quietly, close your eyes, and think about the [sounds](#) and smells of spring. Can you hear the birds? Can you smell the flowers? This helps clear your mind and refocus. You could take a deep breath and stretch like a flower growing toward the sun.

Go on a [Spring Scavenger Hunt](#)



Enjoy the outdoors. Head outside and look for signs of spring. You could create a list of things to find, such as a daffodil, a butterfly, or a bird's nest. This activity helps you pay attention to the beauty around you and appreciate the small things in nature. Here is a one you could use:

https://treetoolsforschools.org.uk/activities/pdfs/pdf_spring_scavenger_hunt.pdf



Foster Creativity and Growth

Spring is all about growth, so encourage each other [to try new things](#). Whether it's drawing, planting a small garden, or learning a new skill; the sense of accomplishment and creativity helps to boost confidence and happiness.



Practice Gratitude Together

Spring reminds us to appreciate the little things: the flowers, the sunshine, the birds singing, etc. You could start a gratitude journal. Every day, write down (or talk about) one thing you're grateful for. Practicing gratitude helps us focus on the positive and improves overall wellbeing. You could press spring flowers to keep in your journal, or simply draw the flowers that bloom, or write about your favourite parts of spring. Keeping a journal is a great way to express your feelings and see how much you're growing.



Active April

Finally, you will find below the [Action for Happiness April](#) calendar, with a different action to try each day. This month the focus is "Active April" and we all know the enormous benefits that being active has on everyone's mental health, no matter how young or old we are! You can also log on to their website and record your activities.

Active April 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
 1 Commit to being more active this month, starting today	2 Spend as much time as possible outdoors today	3 Listen to your body and be grateful for what it can do	4 Eat healthy and natural food today and drink lots of water	5 Turn a regular activity into a playful game today	6 Do a body-scan meditation and really notice how your body feels	
7 Get natural light early in the day. Dim the lights in the evening	8 Give your body a boost by laughing or making someone laugh	9 Turn your housework or chores into a fun form of exercise	10 Have a day with less screen time and more movement	11 Set yourself an exercise goal or sign up to an activity challenge	12 Move as much as possible, even if you're stuck inside	13 Make sleep a priority and go to bed in good time
14 Relax your body & mind with yoga, tai chi or meditation	15 Get active by singing today (even if you think you can't sing!)	16 Go exploring around your local area and notice new things	17 Be active outside. Plant some seeds and encourage growth	18 Try out a new exercise, activity or dance class	19 Spend less time sitting today. Get up and move more often	20 Focus on 'eating a rainbow' of multi-coloured vegetables today
21 Regularly pause to stretch and breathe during the day	22 Enjoy moving to your favourite music. Really go for it	23 Go out and do an errand for a loved one or neighbour	24 Get active in nature. Feed the birds or go wildlife-spotting	25 Have a 'no screens' night and take time to recharge yourself	26 Take an extra break in your day and walk outside for 15 minutes	27 Find a fun exercise to do while waiting for the kettle to boil
28 Meet a friend outside for a walk and a chat	29 Become an activist for a cause you really believe in	30 Make time to run, swim, dance, cycle or stretch today				

ACTION FOR HAPPINESS

Happier · Kinder · Together

Wishing you all a wonderful Easter holiday and a great start to the summer term.

Mrs Quinn,
Mental Health Lead & St. Peter's C of E Primary SENCo
Eden Federation