

Watlington Parents Wellbeing News (No22) – Friday 10th September

Hello Everyone,

I hope this reaches you well and that you all had a lovely family summer.

If you're a new parent to the school and/or reading this for the first time, welcome to the community! I'm Linus the schools' independent wellbeing coach. I come in fortnightly on a Wednesday to help ALL the incredible children and staff take care of their wellbeing – physical and mental health. I am also here for YOU too. So, if you have any wellbeing worries, concerns or would just like some advice/guidance and a chat (for you and/or your child) all you have to do is drop me an email and I'll be in touch to arrange a suitable time for us to meet for a chat. You can also catch me in the playground for a chat too at the beginning and end of the school day. I am next in school on Wednesday 22nd of Sept and my email address is - LMurray-woods@watlington.norfolk.sch.uk.

It was great being back in school on Wednesday, supporting both the children and staff. I went into every class for a chat and was out on the playground too. It was wonderful to listen to the children talking about all the things they had done with family and friends over the holiday. They have all grown so much too! I told them they must have been eating magic beans over the summer or maybe as the years go by I'm shrinking 😊

I'm sure across the week, as your children have come home, there has been a mixture of feelings - excitement, tiredness and maybe a little anxiety with being in a new year/class and maybe even having a different teacher. These are all very natural feelings to have and as the days/weeks go by they will all begin to settle into their new routines. I am sure for you too, not having them at home will take a little getting use to as well. Please remember though that with the incredible staff and myself, they have a support network that they can talk to, and as I previously mentioned, if you have any wellbeing worries or concerns relating to family and/or your child, you are very welcome to drop me an email and/or grab me in the playground.

With the weekend upon us, if you are looking for something to do as a family that's relatively inexpensive why not come to Heritage Day in King's Lynn on Sunday (12th). If you are not familiar with the day, it runs from 10am-4pm and gives people the chance to explore the towers, hidden gardens (and rooms within buildings), secret tunnels, air raid shelters and old buildings that make up the history of King's Lynn. There are also lots of activities and enactments that take place down by the river and a classic car show that takes place on Tuesday Market Place – it's a great local family day out.

Take-care,



Linus

Wellbeing Coach

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