

Wellbeing Weekly



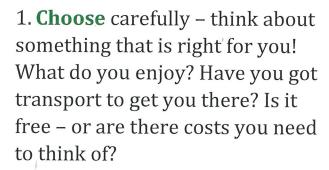
The **summer** is finally here and we are now able to move about more than we could before.

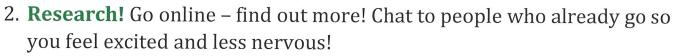
A **new activity** could lead to new skills and friends

and be a positive way to spend your time.

Some top tips!

expert in anything was once a beginner.





3. Find the **right place** for you! Think of distance, when the club happens, costs and who will be there.



- 4. **Get excited!** It is fun to try something new!
- 5. **Get ready!** You may need some kit have everything ready to begin.
- 6. Get rest! You'll feel happier, fresher and braver!
- 7. Say hi to the people at the club you could make new friends.
- 8. **Enjoy** and good luck!





This is Charlie.

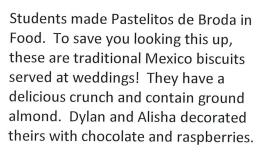
Charlie is a very sociable, perfect pet. He is a strong and determined dog who enjoys going walks.

Charlie is a deep thinker and if he says he does not want to go somewhere, he won't!

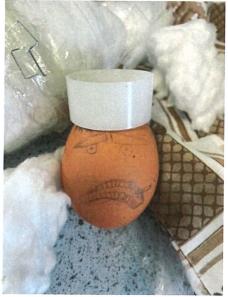
By Zac

Can you see the bluebells in the picture?











In Science lessons our Key Stage 3 students made parachutes from eggs and watched them float from the fire escape!



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