



Pinehurst Primary School

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Tel: 0151 263 1300

Headteacher: Miss K Morris

Experience, Excel and Enjoy

Wellbeing Newsletter July 2021

Book Recommendation



Once there was a girl whose life was filled with wonder at the world around her... Then one day something happened that made the girl take her heart and put it in a safe place. After that it seemed that the world was emptier than before. But would she know how to get her heart back? In this deeply moving story, Oliver Jeffers deals with the themes of love and loss with a lightness of touch and shows us, ultimately, that there is always hope.

https://www.youtube.com/watch?v=8FSuy-J_Pzk

Top Website



Pause. Imagine. Create.
Explore mindfulness through creativity
Mindfulness is a whole lot more than meditation! We have collaborated with BIC® and some Aussie artists to help you discover how to support your mind through creativity
www.smilingmind.com.au

Activity Time: Beach Games and Activities

Although all children seem to love being on the beach, sometimes you need to have some ideas for keeping them entertained above and beyond swimming and building sandcastles

Dig a channel to the sea.

Make a dam (use sand, pebbles and other beach finds)

Have a go at **sand sculpture**. What about making a turtle or a mermaid?

Search for driftwood, shells, seaweed, crabs, sea glass etc

See if you can find a pebble or shell with a ready-made hole in it, to string on a cord for a **necklace**

<https://www.activityvillage.co.uk/beach-games-and-activities>



www.plasticfreejuly.org

School Help

A reminder that if you are struggling at this time we are here to help.

Contact Ms Wigelsworth in confidence if you require some support for your family. If you require help or support we have an emergency contact number of: 07858 739336

