



Dalmain Primary School

Grove Close
Brockley Rise
Forest Hill
London SE23 1AS

Tel 020 8699 2675
www.dalmain.lewisham.sch.uk
admin@dalmain.lewisham.sch.uk

Headteacher
Ms Erika Eisele
Deputy Headteacher
Mrs Sarah Rose

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Dear Parents and Carers,

WELLBEING WEDNESDAY

This week's newsletter includes different ways to stay calm, energised and focused on the positives.

Happiness Coaching



Action for Happiness has created a 10 day coaching challenge which takes you through different ways to celebrate the positives in your life. It is a free programme and you will need to sign up with your name and email address. Click the link below to sign up to your virtual coaching service.

<https://10daysofhappiness.org/>

Cross Crawl



This is a type of cross lateral movement that involves using opposite arms and legs. It includes activities such as crawling, walking, running, and swimming. Opposition means that opposite sides of the body work together to coordinate the right arm and left leg, then the left arm and right leg. These activities are widely used in occupational therapy but they are great for your overall wellbeing because they energise your body, release tension and calm your mind. Click the link below to find some examples. You may also want to create some of your own routines or sequences that include some of these movements.

<https://heartsatplay.com/the-cross-crawl-a-remarkable-movement/>

Celebrate the Solstice

This weekend is the Summer Solstice. To celebrate the longest day of the year, you might like to watch the sunset and make some sun inspired crafts.



Sun Crafts



Sun Spinner - Using card or a paper plate, you can create your own unique spinner. Here are some examples. Click on the link below for instructions.

<https://www.makeandtakes.com/diy-paper-spinner>

Make a Sundial - You might want to make your own Sundial. You could also use the PDF attached to the newsletter or you might want to make your own giant sundial in an outdoor space.

Watch the Sunrise or Sunset



During the summer Solstice, many people visit Stonehenge to watch the sunrise or the sunset. If you'd like to tune in you can click <https://stonehengeskycape.co.uk/> and watch in the comfort of your own home. You might prefer to watch the sunrise or sunset from your window or sitting with family in an outdoor space. Make a note of the different colours, shapes and textures in the sky during the sunset.

To find out more about the Summer Solstice, click on the link below where Maggie Aderin-Pocock explains and gives a mini demonstration.

<https://www.youtube.com/watch?v=HKZoLay1X5U&feature=youtu.be>

Need Extra Support?

The gradual lifting of lockdown means we can all enjoy spending time outside and connecting with loved ones. It has also brought some stresses and concerns around safety and adjusting to the 'new normal'. If you would like additional support, you can contact the South London CAMHS advice and counselling helpline **0203 228 5980** from 5pm - 11pm weekdays and 9am - 11pm weekends.

Yours sincerely,

Ms Mann
Assistant Head & Wellbeing Lead