



**ABBNEY GATES  
PRIMARY SCHOOL**

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### Abbey Gates Wellbeing Newsletter

Below you will find some ideas, activities and resources to support you and your children in staying happy and healthy over the Summer break and through the upcoming transitional period. You can find more resources on the STEP Team page of the Abbey Gates Website.

[Click here to access the STEP Team page and find out more!](#)

#### 'ELSA' Summer Holiday Wellbeing Toolkit

As we approach the end of term and the start of the Summer break, many of us may be wondering how to keep busy during the upcoming weeks at home.

The ELSA (Emotional Literacy Support Assistant) Team have developed a wellbeing toolkit to support children and families over the summer period. In the toolkit, you will find 30 summer challenges to do over the holiday period ranging from creating a happy photo wall to connecting with friends.

You can find the toolkit on our school website - [click this link to find out more!](#)



#### Place2Be Transition Support

Transitioning to a different school or even a new class can be a big change for children and families. 'Place 2 Be' have put together some expert advice to help you to get ready together. Whether your child is starting primary school for the first time, transitioning to another year group or leaving us to go to secondary school, you will find some great tips by following the links below.

Click the following links for more information:

[Coping with change to primary school as a Family](#)  
[Getting ready to start secondary or high school](#)

#### Take Five at School - Update

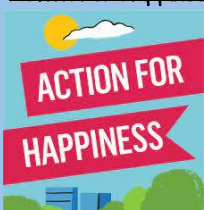
In recent newsletters we have shared our 'Take Five' project with you. Children are now enjoying taking part in Take Five practices every day at school which we are sure many of you have heard about at home!

This half term, we have selected pupil ambassadors across Key Stage 2 who will be taking part in a training programme with Mr Martin, one of our Take Five 'champions'. These children will be taught the theory behind Take Five and soon they will start leading practices across school themselves.

Congratulations to all of our Take Five ambassadors!



#### Action for Happiness - Monthly Calendars



Don't forget, 'Action for Happiness' produce some excellent calendars each month. These can be downloaded and used with your children (and the adults in your family too)

Why not try out [Jump Back Up July](#) or [Altruistic August](#) this summer!

You could also download the [Action for Happiness App](#). The app is like having a little personal action coach in your pocket

#### Healthy Family Team - Advice Line for Parents and Carers

Would you like a little extra advice? Don't forget - an Advice Line is open to any parent or carer in Nottinghamshire. Advice can be offered for children (aged 0-19) around areas such as behaviour management and support, sleeping, emotional support, breastfeeding and infant feeding

The Advice Line will operate **Monday to Friday, from 9am to 4.30pm**, and can be accessed by calling **0300 123 5436** (Option 4). The texting service (text **07520 619919**) is also available to confidentially ask for help.

For more information about the Healthy Family Team, visit their website below:

<https://www.nottinghamshirehealthcare.nhs.uk/healthy-family-teams>



Keep safe and well - let's remember to look after ourselves and each other. Have a great summer!

ABBNEY GATES TEAM