



The Winchester School

WELL-BEING CALENDAR

June EDITION

WHY DO WE NEED THIS?

In the midst of the turbulent, ever-changing broadcasts & headlines, it's very easy to lose sight of keeping our mental & physical health in check, even if it's something as simple as walking more than 20 steps a day or even if it's just taking a deep breath.

In an attempt to balance schoolwork with the calendar, we've decided to provide you with a 4-week calendar, ensuring that your social, emotional & physical needs are met. Whether it's something you haven't done before, or something you haven't been paying attention to.

This calendar is a compilation of physical & mental activities catering to all age groups. These activities rekindle life into the entire family's overlapping schedules, allowing for memorable moments to be created.

Please feel free to capture these moments and share them
with us on our

Wellbeing Instagram page: @fieldnotesofmentality

WEEK 1



1st June – National Parents Day

Celebrating and appreciating our parents. Our mentors, our protectors, our big supporters, our guides, our everything on this Earth.

This is a great moment to show your appreciation and gratitude to your parents. And there is no better way of celebrating the people who raised us and continuously supported and guided us than spending time together with them. You can surprise them by preparing something in the kitchen, or helping them with the chores at home, do an activity that you all enjoy, or you can present them with something crafty made from you whether greeting card, family collage, or a short family movie made from you. Enjoy it!



HAPPY PARENTS DAY

“Respect your parents because they are the one who will never let you down at any cost...”

~ Anisha Upadhyay

June 3rd 2021

WORLD BICYCLE DAY!

Almost all of us have bicycles but we don't usually ride it, some do and others don't. World bicycle day is a day for all of us to promote biking around are neighbourhood while being safe. Some of us have training wheels and others don't but we should learn how to master a skill and biking can be one of them. When you grow older we want you to be independent and a way of getting around is by going on a bicycle and wear are helmets and go out and explore, which will also help us save the environment.

With your family go out and improve your physical health and while you are out in the fresh air and looking around the environment around you it will help you with mental health as well so cycling has so many plus sides I want to go out and bike and we want you to do the same!



Send pictures of you and your family and friends biking on our Instagram!

WEEK 2



BLINDFOLD DRAWING

You're going to have a good laugh at your scribbles and a great time while doing this activity.

You simply need a blindfold (scarf or sleeping mask), a pencil and a few sheets paper. You can have fun while alone or together with your siblings or friend.

Put your blindfold on.

Set the image in your mind.

Start drawing.

When finished, you will discover that its not as easy to draw blindfolded as with open eyes.

But getting it right is not the point.

Chuckle and laugh with your friend or sibling and enjoy this activity.

Don't forget to share your masterpiece with us too!



A group of four children, two girls and two boys, are in a gymnasium. They are all wearing athletic clothing and are in a side-body stretch pose, with one leg bent and the other extended, arms reaching upwards. They are smiling and looking towards the camera. The background shows a gym floor with some equipment like a yellow ball and red dumbbells.

Its time for exercise!

I'm sure you will enjoy this activity! It will be tiring, and fun. But what's even better is that you need another person with you. This means that you will do it together, and there will be double the fun. First, pick 2 exercises, it can be anything, from planks, to jumping jacks, or squats! Make sure that you and your exercise partner have different ones. Then, set a timer for one minute. Both of you then should start doing your exercise, then when the timer is over, restart it and switch your exercise. Plan ahead of time what will be your next set of exercise. Make sure you have water breaks and enjoy!

WEEK 3

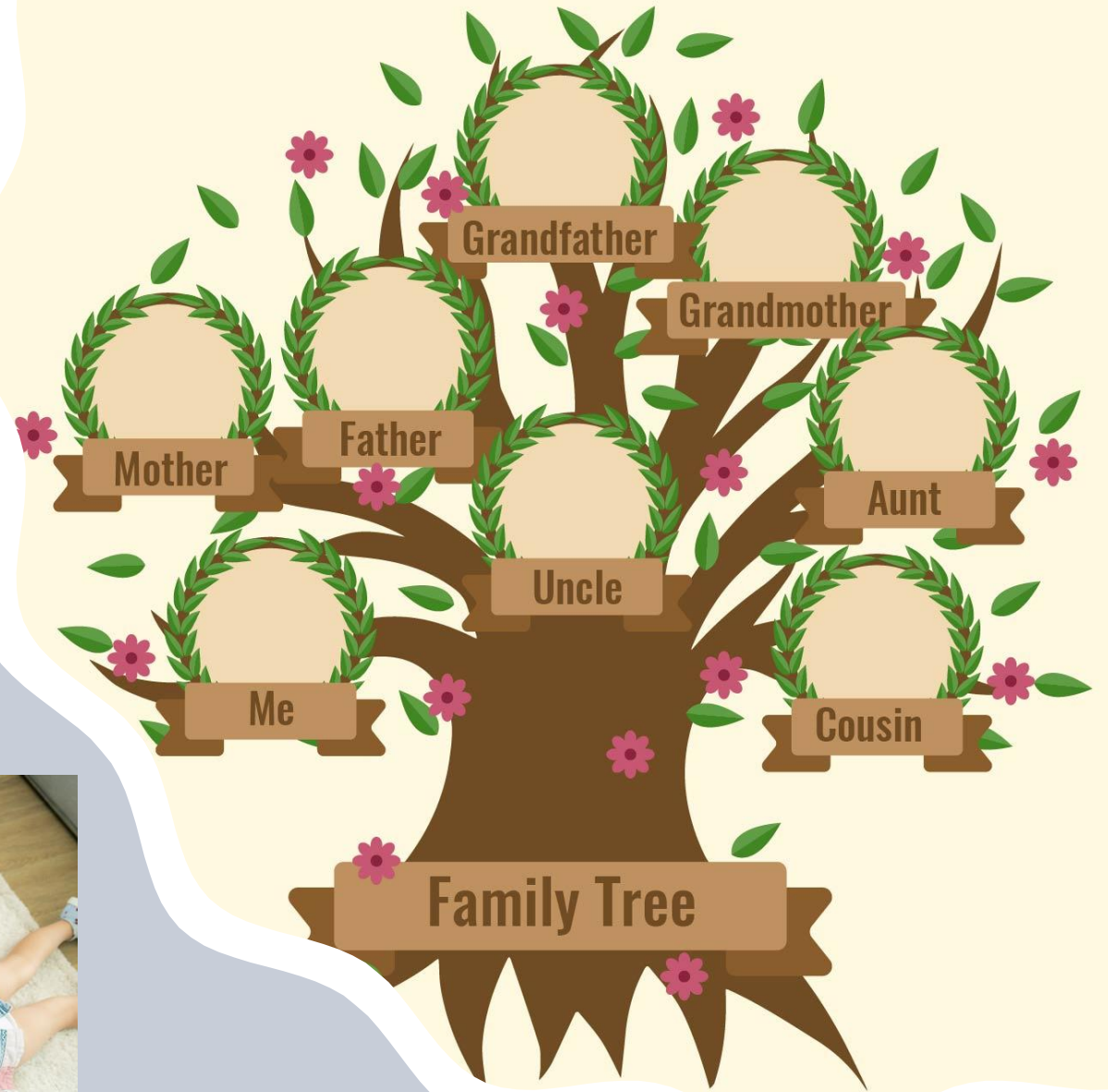


Create a family Tree!

Most of the time, we don't know a lot about our family history. So, at your family table discuss about your family tree. Then create a foldable piece of paper with both your dad's and Mom's side of the family. You also have an option of creating it online.

The reason we are doing this is because we won't you to learn about your parents and their past, your parents may not know some of the questions but the beauty about this is that you and your parents learn about your family history!

Don't forget to put a picture on our Instagram page.





Let's Get our daily dose!

Working out is very important for growing children, it will make you taller and will help keep your immunity up to fight viruses.

To do exercises, you should have a clear space, the following exercises will need a lot of space so clear your room! You and your family can do it together. Don't forget your water. Make sure that you drink 8 glasses of water a day! Let's start!

<https://www.youtube.com/watch?v=h3Xrtm0IVnY>

WEEK 4



Let us treat our sweet tooth with a yummy dessert.

It will give you good family time to work together and create a chocolaty and tasty dessert.

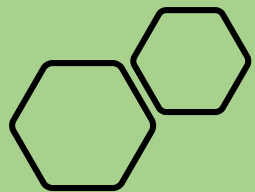
Use the link bellow to make your no bake chocolate biscuit cake!

- <https://www.youtube.com/watch?v=Qlqb6doFLO0>

Its always fun baking with our family but why don't you add your own twist, add your favourite ingredient and make it a deliciouss surprise!

Don't forget to post this on our Instagram page

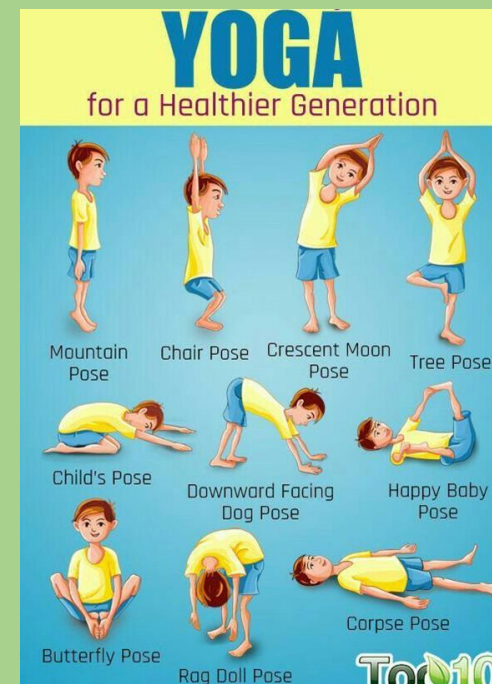




Let's see how flexible you are!

Stretching your muscles is good for you, if your muscles aren't stretched frequently, they will stiffen up, and eventually tear. So, make sure you stretch your muscles often! You can use these very simple poses. Before we start I want to ask you a question! Which has been your favourite pose that you have done in the academic year? Which pose have you mastered?

Post a few of the yoga poses you do on our Instagram.



A BIG
Thank You.



*Dear students, Thank you for your response,
active participation and efforts in the Project of
the month of May.*

*All your work and creativity are truly amazing
and remarkable.*

*All your thoughts, drawings, shared exciting
information are valuable.*

*You can find all your previous submissions for
Unity in Diversity project here:*

<http://padlet.com/dbjmiranda16/unityindiversity>

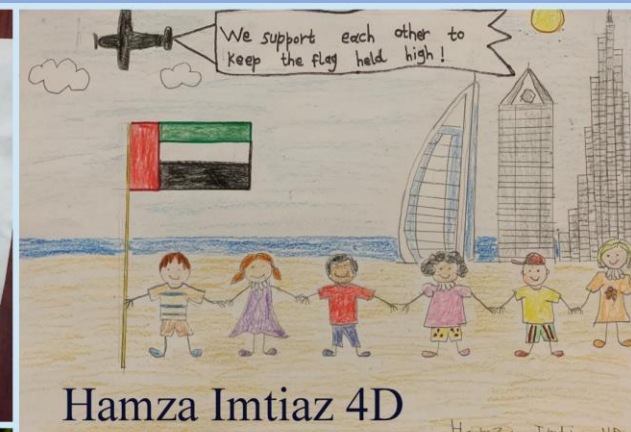
*We hope that you enjoy it and can't wait to see
your next submissions!*



Aiza Mohsin 2C



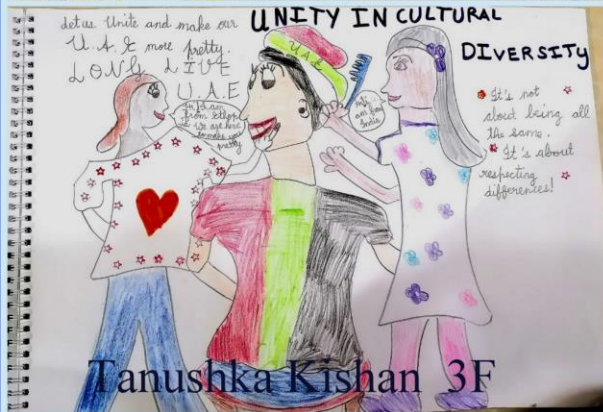
Ellyse 3H



Hamza Imtiaz 4D



Aiza Mohsin 2C



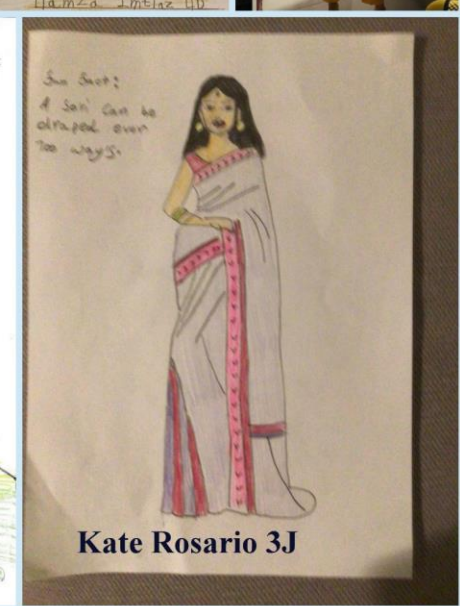
Tanushka Kishan 3F



Jaimée Reyes 3C



Stephen Bhattarai 3F



Kate Rosario 3J



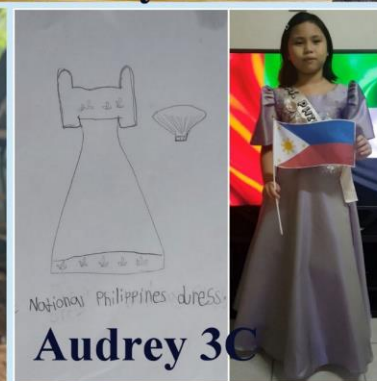
Aroush Hasan 3D



Souhaila 3F



Ilakya 3J



Audrey 3C



Jacelynn Neijin 3D



Erich Gabrielle 3C



Ryonna Raven 3E



Sihas 3A



Ethan Aldric Penaflor 3C



Aidar Akerov 3A

PROJECT OF THE MONTH OF MAY

We are happy to introduce our Project of the Month page – you can find a series of projects to enrich your free time and to bring you joy and pleasure.

All activities which you choose and accomplish can be submitted to the following Padlet Link:

<https://padlet.com/dbjmiranda16/appreciation>

Kindly note that this can be either photographs (please mind the size) or a short video.

Scroll down, and pick out you project, we hope you are going to enjoy it. Don't forget to share it with us too!



APPRECIATION IS THE BEST MOTIVATION

Saying thank you and showing gratitude is much more than good manners. Gratitude makes us nicer, more trusting, and more appreciative. It helps us make more friends and feel valuable by making others around us valuable too. These value's should be consistent and we should understand all of these value's and know that these are from our well- being and it comes in our physical, social, mental and emotional life.

The end of the school year is a great time to appreciate people in the school important to you: your teachers, your friends, the principal, or the bus driver, everyone who makes your school year special.





APPRECIATION IS THE BEST MOTIVATION

FS1&FS2 Together Forever

Even if next year you aren't going to be with the same teacher, you can still make a memory that you can keep forever. Unleash your drawing skills and draw a portrait of you, and your teacher. Customize however you want!

Year 1 & Year 2 Six-Word Memoir!

In 6 words, describe how your school year was. Make sure they are descriptive, and meaningful to you. After that, you can make an illustration of those words on the side of the paper.

Year 3 & Year 4 Thank-You Cards!

Unfortunately, since we are unable to give out cards physically, why not either make an amazing card on paper for your teacher and send it to your teacher's email. Or make it online and send it. Whatever way you do it, I'm sure your teacher will love it!

Year 5 & Year 6- Appreciation Video

Put your editing skills to the test! Along with your class, make a video remembering your teachers that you had this year. When it is ready, show it to your teacher and see their smile shine. Put all your effort on it and work together with the other students in your class. Put class pictures in the video and make it memorable!

***“If you don’t show appreciation to those that deserve it,
they will learn to stop doing the thing you appreciate.***

Brigette Tasha Hyacinth

