

# BVS WELLBEING NEWS

Welcome to the latest edition of the BVS Wellbeing Newsletter.

Happy New Year. We hope you had a good holiday. Welcome back to school. Have you heard of New Year, New You? New year is about trying to improve yourself. Here are some ways you might want to try and do this:

- Be more active
- Be more creative
- Do a good deed every day
- Worry less
- Eat healthily
- Get outside more
- Keep in touch with friends more
- Spend less time on screens
- Spread kindness

We all get a bit worried or anxious sometimes. Taking slow, deep breaths can help you feel calmer and more relaxed. Try this breathing exercise. You might need to repeat it a few times until you feel it working.

Try to take deep breaths where you can feel your chest rising. When you breathe out it might feel like you're slowly letting the air out of a balloon. You can close your eyes, look at something in the distance or not focus on anything at all.



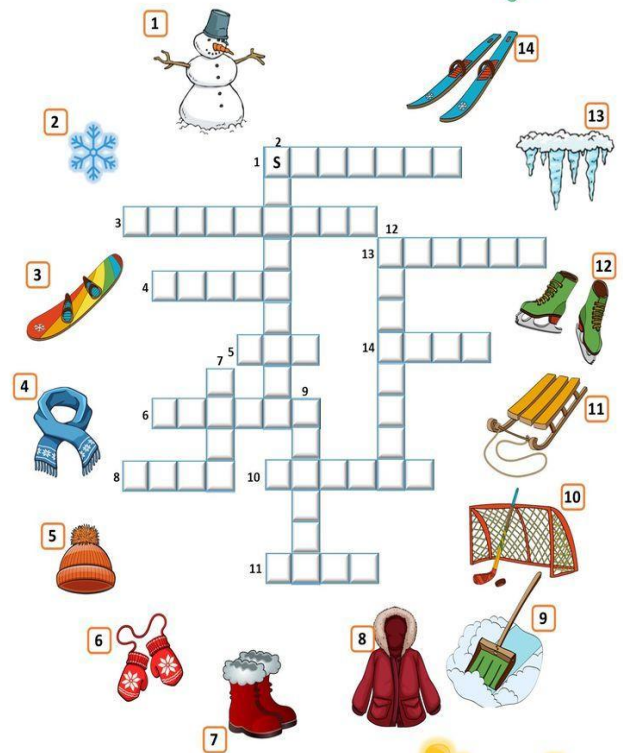
### Useful dates

- 13 February Break up
- 23 February Back to school
- 23 February Brilliant Club trip
- 5 March World Book Day

This newsletter was brought to you by the Bradwell Village School Wellbeing Ambassador Group. January 2026

**Keep me or recycle me.**

## CROSSWORD PUZZLE *Winter*



ACADEMY SIMPLE

Complete the sentence:

If I ruled the world I would.....



MENTAL HEALTH MATTERS



What did the left eye say to the right eye?  
Between you and me, something smells!