

Inclusive Learning Federation



Wellbeing Newsletter

Welcome to our Spring Term ILF Wellbeing Newsletter.

As the days grow longer and the weather begins to brighten, spring offers a wonderful opportunity for families to refresh routines and focus on wellbeing. Small changes at home can make a big difference to children's mental health and happiness.

- Enjoy the benefits of the outdoors - spending time outside has been shown to boost mood, reduce stress and improve concentration in children. Spring is the perfect time to make the most of lighter evenings and fresh air.
- Spring clean for a calm mind -spring cleaning isn't just good for the home – it can also support wellbeing. Tidying bedrooms, sorting toys, or creating a calm space for homework can help children feel more organised and relaxed.
- Protecting sleep routines - with longer daylight hours, bedtime routines can sometimes drift later. Good sleep is essential for children's emotional wellbeing, concentration and resilience. Keeping regular bedtimes, limiting screens before sleep and creating a calm bedtime routine can all help children get the rest they need.

Finally, a gentle reminder that supporting children's wellbeing starts with caring for your own. Taking a few moments for yourself – whether that's a walk, a quiet cup of tea or a chat with a friend – can help you recharge too.

Useful links if you need any support over the break.

<https://www.samaritans.org/how-we-can-help/contact-samaritan/>

<https://www.milton-keynes.gov.uk/health-and-wellbeing/mental-health-and-wellbeing>

<https://www.nspcc.org.uk/keeping-children-safe/reporting-abuse/nspcc-helpline/>

For Safeguarding concerns contact:
Milton Keynes Multi Agency Safeguarding Hub (MASH)
Call 01908 253169.
Email children@milton-keynes.gov.uk

The centre:mk has an Easter full of fun over this school holiday. There is a Spring funfair beside John Lewis, complete with teacup rides, inflatable train, hook-a-duck game, free colouring station and giant games. The Parks Trust also has free nature activities at Howe Park Wood.
<https://www.theparkstrust.com/events/easter-holiday-open-mornings/>

Have a go at this Spring Wellbeing Challenge with your child by trying some of these simple activities. You might like to complete one each day or choose a few each week.

- 🌸 Spend 15 minutes outdoors noticing signs of spring
- 🌸 At the end of the day share one good thing that happened that day
- 🌸 Go on a family walk in your local area
- 🌸 Have a screen-free evening
- 🌸 Do a random act of kindness for someone
- 🌸 Try three slow, calming breaths together
- 🌸 Write down three things you are grateful for
- 🌸 Visit a park or green space
- 🌸 Play a board game together
- 🌸 Plant some seeds or flowers
- 🌸 Leave a kind note for someone in your family
- 🌸 Read a story together
- 🌸 Try a family dance session to your favourite music
- 🌸 Cook or prepare a healthy snack together
- 🌸 Do five minutes of quiet or mindful time
- 🌸 Help tidy a room to create a calm space

Top Tip for Parents:

Wellbeing doesn't need to be complicated. Even 10–15 minutes of connection each day can help children feel happier, calmer and more supported.

Key Dates

March 27 Break up
March 29 Clocks go forward
April 13 Summer Term starts
April Stress Awareness Month
May 11-17 Mental Health Awareness Week

Check out the FREE activities and food from 7 - 10 April 2026 for school aged children, young people and their families who are in receipt of benefit related Free School Meals.
<https://www.milton-keynes.gov.uk/children-young-people-and-families/holiday-activities-and-food-programme-2026>