

BVS WELLBEING NEWS



Welcome to the latest edition of our newsletter. We have reached the Summer Term. We are currently planning a Wellbeing Day at BVS which will take place before the Summer holidays. More information to follow nearer the time.

Remember 'The Huge Bag of Worries'? If you have some smaller worries and you don't want to share them, write them down here, cut out this box, chop it up and throw away your worries.

How to keep calm and do your best during SATs:

- Get a good night's sleep
- Don't over think it – remember it's not the only thing to affect your future
- If you don't know a question, don't panic – skip it and go back to it later
- Eat well
- If you're worrying, try a breathing technique to calm yourself down

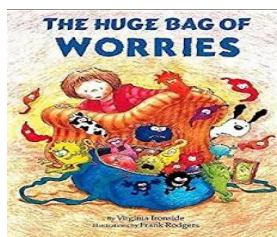
Try this smoothie recipe.

Ingredients

- A selection of fruit you like (fresh or frozen)
- Spinach or kale (optional)
- Ice (optional)

Equipment

- Blender
- Glass
- Straw (optional)
- Fancy umbrella (optional)



Method

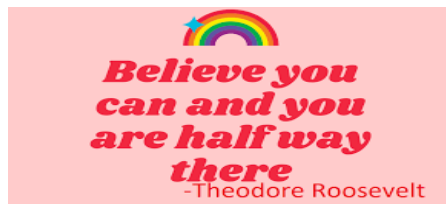
- Cut fruit into little squares
- Put it in the blender
- Blend
- Pour the mixture into the glass
- Add ice and more chopped fruit on top
- Enjoy!

Or why not pour the mixture into a mould and make a delicious ice lolly?

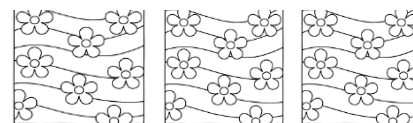


Useful dates

11-14	May Y6 SATs
15 May	Y6 Bowling
Bank Holiday	4 May
Break up	22 May



Playground spot the difference



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

Keep me or recycle me.

Q: What do you call a sheep who is a ninja?

A: A lamb chop!