

Welcome to the final edition of our newsletter for this year. We have enjoyed being Wellbeing Ambassadors and Mental Health Champions. Good luck to everybody who is moving on and for those of us continuing as Wellbeing Ambassadors, we will see you in September.

It is almost the Summer holidays. Here are some local places you can visit:

- Concrete Cows
- Lodge Lake or Willen Lake
- Lane 7
- Tenpin
- Bletchley Park
- Bradwell Abbey
- Bancroft Roman Villa
- Teardrop Lakes
- Gullivers Land
- Campbell Park
- Peace Pagoda

Things you can do to stop getting bored (not on screens!) in the holidays.

- Meet up with friends
- Do some exercise
- Have a water fight
- Make a bug home
- Spend some time with family
- Get crafty
- Do some colouring
- Set an obstacle course
- Go on a bike ride
- Play a board game
- Go for a walk
- Make ice lollies

Make a bucket list of things you want to do over the holiday.

Frozen Fruity Yoghurt Bites



Ingredients

- 200g natural yoghurt
- Handful blueberries
- Handful raspberries

Method

Put 12 cupcake cases onto a small baking tray.

Use a spoon to drop some yoghurt into each case.

Put a few pieces of fruit into each cup and press them into the yoghurt with your fingers.

Freeze for 2 hours or until solid.

Pop out of the cases and serve.

Eat's Amazing
www.eatsamazing.co.uk

Useful dates

Thursday, 16 July: Y6 Leavers Disco

Friday, 17 July: Break up

Wednesday, 2 September: School starts



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

Keep me or recycle me.

Q: What's a sheep's favourite food?

A: A kebaaab!