



# Lavant

## C.E. Primary School

Headteacher: Mr Adrian King B.A Hons (QTS) NPQH

West Stoke Road  
Lavant Chichester  
West Sussex PO18 0BW

Tel: 01243 527382

E-mail: [office@lavant.w-sussex.sch.uk](mailto:office@lavant.w-sussex.sch.uk)

Website: [www.lavant.w-sussex.sch.uk](http://www.lavant.w-sussex.sch.uk)

## A Fresh Start: Wellbeing Tips for Your Family in 2025

Dear Parents and Guardians,

As we begin a new year, we want to share some simple yet effective tips to support your family's wellbeing. Encouraging healthy habits now can lay the foundation for a positive and balanced year ahead.

### 1. Create Opportunities for Screen-Free Time

With screens playing such a big role in our daily lives, it's important to carve out time to disconnect. Try these ideas:

- **Family Mealtimes:** Make meals a screen-free zone to encourage conversation.
- **Reading Together:** Explore new books or revisit old favourites as a family. If you need some inspiration check out Book Trust website ([booktrust.org.uk](http://booktrust.org.uk)) that has created the ultimate booklist to read before you are 14, listing the 100 best books for children from the last 100 years.
- **Craft and Play:** Engage in activities like puzzles, board games, or baking to foster creativity and connection. (For Children friendly recipes have a look at: [www.bbc.co.uk/food/occasions/recipes\\_for\\_kids](http://www.bbc.co.uk/food/occasions/recipes_for_kids) or <https://kidsaregreatcooks.com/> )

### 2. Make the Most of Being Outdoors

Spending time in nature can boost mood, reduce stress, and improve overall wellbeing.

- **Nature Walks:** Explore local parks, trails, or beaches. Challenge your children to spot wildlife or collect interesting leaves and stones. The [Wildlife Watch](#) offers inspiration plus lots of free downloads.
- **Garden Fun:** If you have access to a garden, encourage your children to help plant flowers or vegetables.
- **Stargazing:** On clear nights, bundle up and look at the stars together. There are plenty of free resources online to help you identify the different constellations, including this downloadable pdf from the [BBC - BBC Stargazing Live Activity Pack](#)

### 3. Stay Active and Enjoy Sports

Physical activity is vital for children's physical and mental health. There are plenty of fun and free ways to stay active:

- **Park Run:** This free weekly 2K run for children is held every Sunday at Priory Park in Chichester. Visit [www.parkrun.org.uk](http://www.parkrun.org.uk) to find out more information.
- **Local Clubs:** Check for free or low-cost taster sessions in activities like football, netball, or dance. For example, Fishbourne Romans FC provides perfect opportunity for children to try out and practise football skills at minimal cost. Also look at [New Park Centre](#), which hosts lots of different martial art classes for children. Plus <https://clubhubuk.co.uk/> which lists hundreds of local clubs and activities for children in the local area.
- **Family Challenges:** Create mini fitness challenges at home, like who can do the most star jumps or hula hoop for the longest.

#### 4. Prioritise Relaxation and Mindfulness

Taking time to relax and reflect can help children (and adults!) manage emotions and stress.

- **Breathing Exercises:** Practice simple breathing techniques to calm the mind. Local Breathwork Coach, Kim Prichard has free downloads to show and encourage you to breathe better every day. [www.kimprichard.co.uk](http://www.kimprichard.co.uk)
- **Journaling:** Encourage older children to write about their day or for what they are grateful. There are plenty of free downloadable gratitude journals online for example visit [Happy Human](#) , in addition to plenty journals that you can buy from Amazon such as *Happy Confident Me Journal*.
- **Quiet Time:** Set aside a few minutes each day for quiet activities like drawing or listening to calming music.

#### 5. Build Strong Family Connections

Strong relationships provide children with a sense of security and belonging.

- **One-on-One Time:** Spend dedicated time with each child to make them feel special.
- **Family Traditions:** Start or continue simple traditions like Friday movie nights or Sunday walks.
- **Open Conversations:** Create a safe space for your children to share their thoughts and feelings.

## Don't forget to book your place

Lastly, to help lay foundation for positive future, we are grateful that the Early Help, Dedicated schools Team will be **running FREE POSITIVE PARENTING PROGRAMME** for all parents/carers at Lavant Primary School in February. As parents ourselves we appreciate that being a parent can be difficult, as Children do not come with manuals and that it is beneficial to ask for a little help to know how to do the best for our children. The programme will allow you the space to reflect and think about current and potential future challenges during the three sessions, which will cover:

Session 1 – The Principles of Positive Parenting on Monday 10<sup>th</sup> February 9.00 – 10.30am

Session 2 – Building a Positive Relationship on Tuesday 11<sup>th</sup> February 9.00 – 10.30am

Session 3 – Managing and adapting routines on Tuesday 25<sup>th</sup> February 9.00 – 10.30am

Thank you to everyone who has already booked on. If you still need to confirm your place on the programme please email: [nellis@lavant.sussexschools.sch.uk](mailto:nellis@lavant.sussexschools.sch.uk)

We hope these tips inspire your family to make 2025 a happy, healthy, and connected year. If you have any further ideas or resources to share, we would love to hear from you.

Warm regards,  
Nicola Ellis  
ELSA and Mental Health Lead  
Lavant Primary School