Wellbeing Newsletter

March 2025
Edition 1

WELCOME

Welcome to Hill Farm's Wellbeing Newsletter

We are a group of Year 5 Peer Mentors and alongside our Year 3 Mentees, we have created a monthly Wellbeing newsletter.

We want to show you what we have been learning in the hope that we can share the importance of Wellbeing and nurturing your own mental health.

This newsletter is written by Ava, Cohen, Elisha, Jack. Kai, Kaja, Kayden, Oliver, Paisley, Priscilla Riley and Roxy

NEWS

One of our tasks as a group was to compliment each other.

First using pre-written compliments within our group, before coming up with our own compliments.

We discussed how giving and receiving compliments made us feel, we all agreed both made us feel really good.

Why not try it out this week and see for yourself how good it feels!

WHAT DO WE DO

A Peer Mentor is a child who can act as a helping hand, a listener and someone who can support another child with making positive changes.

The job of a peer mentor is to provide support, encouragement, and information to the children they are supporting.

MARCH MOTIVATION



MARCH WELLBEING TIP

Laughter

We all know how good it feels when we have a good laugh. You can find ways to add laughter into your day by playing silly games, watching a funny film, or just sharing a few jokes.