

Langford Village Academy

Well-being newsletter

Thank you to all those who entered our Family Time Bingo, it was wonderful to see all the photos you shared!

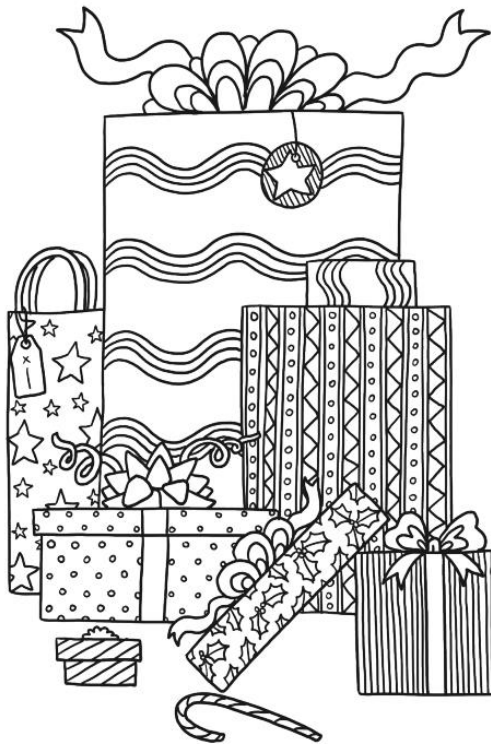
We can announce the winners were Francesca, Rhiannon & family and

Olive & family!

CONGRATULATIONS!

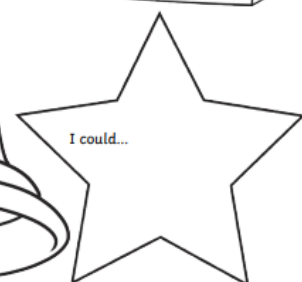
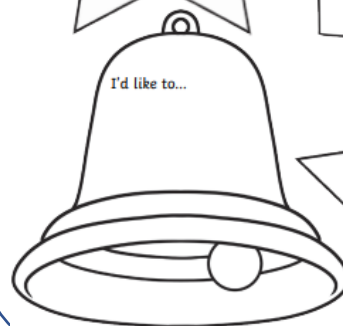
Christmas can be an exciting time but also a busy time. When our lives are busy, it is important we make time to be calm and quiet. This can help us to manage our emotions and help us to keep our minds healthy.

While you are colouring this picture in, notice your breathing. Try to make sure it is slow and relaxed. Enjoy the feeling of being calm and quiet.



A Caring Christmas

Caring for others is important all year round but Christmas is often called the season of goodwill. That means it's a great time to think of ways to show we care. Consider gestures and deeds - small or large - that you could do to show others you care this Christmas.



Please do not hesitate to contact us if you have any concerns regarding mental health & well-being.

Miss Rowlands, our Family Support Worker, is also our well-being lead.

We hope you all have a Merry Christmas and a Happy New Year