



# Wyre Forest School Sport Partnership

## Christmas Wellbeing Newsletter



As we approach the end of 2020, we reflect on a year like no other. A year that brought new challenges, changing the way we live and how we connect with each other and one in which looking after our physical and mental health has never been as important. The information, tips and links you will find within this newsletter are to support the whole family (adults and children) to improve their overall wellbeing through opportunities that are linked to the '5 Ways to Wellbeing'. Wyre Forest School Sport Partnership would like to wish schools and families across the district a

### Merry Fitmas & a Happy New Year!



#### Connect with other people.

**Make and send a Christmas card:** Christmas is a time of goodwill. It is a time when people make an effort to think of others, particularly those who might be finding this time of year difficult. Why not make a Christmas card for someone who might be on their own, whose family are far away and unable to be with them or who might be finding it a particularly sad or stressful period. What kind of words can you say that might make a difference to how they are feeling?

**Take time each day to be with your family:** Try to arrange a fixed time each day to eat dinner together.

**Arrange a catch up call with friends and/or family:** Whether this be a video-chat or phone call, set time aside one day during the holidays, to stay in touch. This might be with someone who you haven't spoken to in a while, is on their own or who lives far away from you!



#### Learn new skills.

**Learn to draw:** Check out **Art for Kids Hub** YouTube Channel. Lots of art lessons, perfect for any age and even more fun to do together as a family. All you need are a few basic supplies! Make a start on the Winter and Christmas Art projects - [www.youtube.com/playlist?list=PLnoO3k54vcBRDtZRzGWMFZECXx-ORI2Yc](https://www.youtube.com/playlist?list=PLnoO3k54vcBRDtZRzGWMFZECXx-ORI2Yc)

**Try getting creative with something new:** Have a go at making some fun festive fruit treats. To add to the fun send pictures of your creations to us at [amays@shs.saet.co.uk](mailto:amays@shs.saet.co.uk) There are lots of other healthy recipes available via <https://www.nhs.uk/change4life/recipes>.

**Learn to orienteer:** Join the world's largest treasure hunt with geocaching! 3 steps to begin your adventure: 1) Create a free geocache account online through the official geocaching app to view a map of geocaches near you. 2) Use the app to navigate to a geocache nearby. Once you find the treasure (geocache) log your experience online! Find out all you need to know via [www.geocaching.com/play](https://www.geocaching.com/play)

#### Healthy Christmas Fruit Platters



##### Grinch Kebabs:

- 1 large banana
- 24 strawberries
- 24 mini marshmallows
- 24 green grapes
- 24 cocktail sticks



Thread 1 grape, 1 banana slice, 1 (hulled) strawberry (narrow end facing up) and one marshmallow onto one toothpick. Repeat with remaining grapes, banana slices, hulled strawberries and marshmallows. These should resemble the Grinch's head in his red hat!

##### Banana Snowmen:

- 2 bananas
- 1/4 of a carrot
- Handful of currents or sultanas
- 3 strawberries
- 6 mini marshmallows
- 6 skewers



Cut the bananas into thick slices (approx. 9 rounds per banana). Peel the carrot and cut into small triangular slivers for a pointy nose. Cut the hulled strawberries in half. Thread 3 slices of banana onto each skewer. Followed by a strawberry hat and mini marshmallow. Gently press the currents into the banana slices to create eyes and buttons then add the carrot nose. Repeat with remaining ingredients. Should make 6 snowmen!

##### Santa Bananas:

- 4 bananas
- 6 strawberries
- 6 red smarties or m&s
- 6 mini marshmallows
- 12 chocolate sprinkles
- 6 skewers



Cut 3 bananas in half, widthways. Cut the remaining banana into slices (6 slices). Thread one of the banana halves onto a skewer. Then piece a slice of banana followed by a (hulled) strawberry hat and mini marshmallow. Gently press the red smartie into the banana to create the nose and 2 chocolate sprinkles above the nose for the eyes. Repeat with remaining ingredients. Should make 6 Santas!



## Be physically active.

**Bodenham's Nativity Trail:** Follow the stars that take you on a walk around the Arboretum's 'Big Pool' and take part, if you wish, in our walk-along Christmas quiz! The trail takes you to the Farmyard where you can see live nativity scenes and where the farm animals reside for the winter months. You can explore the rest of the Arboretum – over 5 miles of woodland walks! There is a 'take-away' Christmas Kitchen serving hot / cold drinks, including mulled wine, hotdogs, hot turkey baguettes and cakes. Bookings must be made in advance: [www.ticketsource.co.uk/whats-on?q=Bodenham%27s%20Nativity%20Trail](http://www.ticketsource.co.uk/whats-on?q=Bodenham%27s%20Nativity%20Trail)

**Churchfields Festive Fairy Trail:** Experience the great outdoors exploring this Festive Fairy Trail. Help the Festive Fairies sing their favourite song! Tickets start from £2.50. Under 2s go free. Other activities at Churchfields include; a Christmas Moo'vie Festival, Breakfast with Santa and a Festive Afternoon Tea. All activities need to be booked in advance online via <https://churchfields.farm/whats-on/events/>

**Malvern Winter Glow:** 9<sup>th</sup> December 2020 – 3<sup>rd</sup> January 2021 Malvern Winter Glow is a dazzling NEW outdoor illuminations trail, made from dramatic light installations, so wrap up warm and prepare to be spellbound by an extravaganza of light. Please note this event is advanced tickets only - Adult tickets £16 each, Children aged 3 to 16 tickets £11 each and under 3s go free. Tickets are selling fast: [www.theticketfactory.com/tickets/events/malvern-winter-glow](http://www.theticketfactory.com/tickets/events/malvern-winter-glow)

**Little Owl Farm Park:** Offers a festive socially distanced fun family day out! From a snow party with elves to a festive fun tunnel! You can even book tickets for Santa's grotto. Booking required via [www.littleowlfarmpark.co.uk/christmas/](http://www.littleowlfarmpark.co.uk/christmas/)

**Christmas in Worcestershire's National Trust:** Whether you're continuing a family tradition or seeking to start a new one, why not visit one of Worcestershire's National Trust properties this festive period? From festive markets, lots of grounds to explore and maybe even visits from the big man, there is sure to be something to entertain even the most humbug of souls! Take a look on their website for the most up-to-date information and opportunities: [www.nationaltrust.org.uk/lists/christmas-in-and-around-worcestershire](http://www.nationaltrust.org.uk/lists/christmas-in-and-around-worcestershire)

**12 Days of Fitmas Challenges:** Young people across the Wyre Forest are being challenged to take part in our 12 days of Fitmas! We would love to see you all being active over the Christmas holidays. Please keep us updated with your efforts using #12DaysOfFitmas and tag our social media @WyreForestSSP.

Day 1	Day 2	Day 3	Day 4
<b>Christmas song Danceathon:</b> Play all your favourite Christmas songs and dance away, showing off all your best moves! 	<b>'Snowball' fight:</b> (Ask permission from an adult first) Using rolled up socks, can you have a snowball fight with someone else at home? 	<b>Christmas star jumps:</b> How many star jumps can you do in 30 seconds? Can you turn 90 degrees after every jump? 	<b>Winter wellie walk:</b> Put your wellies on and go for a walk to the park or to a green space. Can you crunch in leaves and jump in muddy puddles? 
Day 5	Day 6	Day 7	Day 8
<b>'Snowball' target practice:</b> Roll up some towels to create hoops. Using rolled up socks, throw the 'snowballs' into hoops. How many can you get on target? To make it more challenging, stand further away. 	<b>Snowshoe exploring:</b> Get two pieces of paper (your snowshoes). Put one piece on the floor and step onto it. Then, put your other piece on the floor and step onto that. Repeat so that you travel across the room. Don't fall in the snow! 	<b>Santa's bag toss:</b> Fill a bag full of clothes and tie it so that it looks like Santa's sack. Go into your garden or to a park and toss the bag as far as you can! Measure the distance and then repeat – can you throw the bag even further? 	<b>Elf adventure:</b> Create an obstacle course inside your house or in your garden. Try to include something you can go over, under, along and through. Then be a mischievous elf and complete the course! 
Day 9	Day 10	Day 11	Day 12
<b>Santa says...:</b> Be Santa (rub your tummy and say Ho, ho, ho) Be a reindeer (gallop around) Be a Christmas tree (stand in a tall shape) Be a turkey (move like a turkey gobbling) Go on a sleigh ride (run around a space) 	<b>Reindeer runs:</b> Set out 2 markers 5 metres apart from one another. Run between the 2 markers as many times as you can in 5 minutes. Can you repeat but travel in a different way (jump, hop, gallop, side step)? 	<b>Do you want to build a snowman?:</b> Using household items, can you create a giant 2D or 3D snowman? 	<b>Christmas scavenger hunt:</b> Go on a walk and see if you can find the following items: holly, mistletoe, a stick that looks like an antler, hoof prints, a robin, a pine cone, a house with fairy lights on, a Christmas tree. 

## Give to others.

### *Santa Claus is coming to Town:*

Not even coronavirus can keep Santa away from the Wyre Forest! Wyre Forest Round Table has worked tirelessly to ensure that this popular procession can go ahead. It will be different to previous years with the key safety message being 'SPACE, WAVE & DONATE'. Processions will take place on **Saturday 12<sup>th</sup> and Sunday 13<sup>th</sup> December**, between **4pm and 8pm**. Wyre Forest Round Table have set up an online fundraising platform which you can contribute to using the link below:

<http://app.donater.co.uk/donate/WFSantaSleigh>



## STAYING SAFE WITH SANTA

To operate the Santa Float safely this year we have to abide by the up-to-date guidance.

Closer to the event our social media Channels will be updated with the latest advice.

To ensure yours, Santa's and his helper's safety we will be operating a SPACE, WAVE & DONATE policy.



## SPACE

Please do not directly approach Santa, the Float or his helpers.

Where possible please stay on your own property. Otherwise please maintain a safe distance with others.



## WAVE

From a safe distance wave, cheer and make as much noise as possible for Santa.

We would also like to see you lit up with your flashiest Christmas accessories.



## DONATE

This year we cannot guarantee that bucket collections will go ahead. So we are asking if you can please donate in other ways.

We are currently working on making donations as contactless as possible. Please support us and help us support your local community.



The Santa Sleigh route and updates can be found via the Wyre Forest Round Table Facebook page: @Santasleighbewdley

## Pay attention to the present moment (mindfulness).

**Positive Paper Chains:** Making paper chains is a calming activity that can be done alone or with others. They also make great decorations.

**Mindfulness Challenges:** Have a go at some Christmas-themed mindfulness colouring! From stockings to baubles through to holly and snowmen – take a moment of calm each day and colour - <https://jmp.sh/FdCqTfW>

**Yoga in a Winter Wonderland:** Bend like a candy cane! Balance like a Christmas tree... Enhance your physical and mental wellbeing through some winter-themed yoga - <https://jmp.sh/XLe7GHm>



## 5 Ways to Wellbeing



We welcome any feedback on this newsletter and would love to see any photos/videos of families taking part in any of the Wellbeing activities. Please Tweet or email us:



@WyreForestSSP



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@WyreForestSchoolSportPartnership