

29th November 2019

Dear Families,

The lead up to Christmas can be an exciting and fun time but also a busy period that can cause children (and adults) to feel anxious. As part of Riverside's ongoing commitment to Wellbeing, all phases will be taking part in "Wellbeing Countdown to Christmas". This involves all pupils and staff taking part in a different Christmas wellbeing activity each day. Overleaf is our Wellbeing Countdown to Christmas Calendar for the next 25 days and we would love to encourage all of our families to get involved with us too.

The charitable organisation Action for Happiness (www.actionforhappiness.org.uk) have identified *10 Keys to Happier Living* using the acronym "GREAT DREAM" and we have based our Wellbeing Calendar around these 10 keys:

G – Giving
R – Relating
E – Exercising
A – Awareness
T - Trying out

D – Direction
R – Resilience
E – Emotions
A – Acceptance
M – Meaning

Each activity idea provides our pupils with access to one of these 10 keys in order to support their wellbeing and we would like you to try out some of these ideas at home too. We would love to see some of these wellbeing activities in action so please feel free to send your anecdotes, photos and videos to happiness@riverside.bromley.sch.uk and, with your permission, we will share these on our Facebook and Twitter pages in order to encourage as many families as possible to get involved.

We look forward to hearing from as many of you as possible over the next 25 days (and beyond) and if you have any questions, please do not hesitate to let us know.

Yours sincerely,

Daniella Webb
Adventurers Phase Leader