



# Chesterton Primary School

# STUDENT NEWSLETTER

JANUARY 2026 EDITION #01

## WELCOME!

Welcome to our first student newsletter! Each term, you'll find the latest school news, plus regular updates from our Wellbeing Ambassadors, class highlights, wellness tips, and friendly notes from our teachers and TAs.

You might also find a few games and jokes to make you smile.

Do you have a joke, a photo of your Star Meditation, some wellbeing tips or perhaps some exciting news?

Just tell your new Wellbeing Ambassadors and we will do our best to share your news in future newsletters.

*Don't forget! Lunch time drop-in is Wednesday at 12.10 in the studio.*



## VALUES FOCUS:



### Resilience

*"The ability to keep going when things feel tricky"*

#### January:

How can we show resilience?

- Don't give up
  - Try a new way to make it work
  - Ask for help if you need it
  - Don't dwell on a problem (try a different way)
  - Stay hopeful
- By Caden H (Oak)



## WHO ARE THE WELLBEING AMBASSADORS?

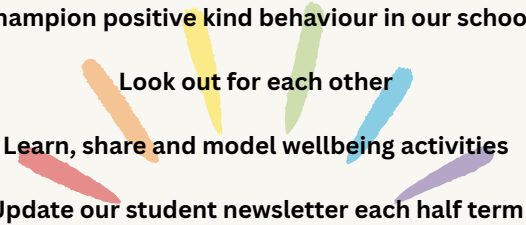
**Caden H & Olivia B (Oak)**  
**Bella R & Charlie H (Rowan)**  
**Holly B & Olivia R (Hawthorn)**

Champion positive kind behaviour in our school

Look out for each other

Learn, share and model wellbeing activities

Update our student newsletter each half term

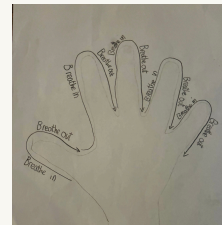


## Bella and Charlie's calm-down corner



A way to calm down...  
 Moving your index finger up and down the fingers on your other hand. Breathe in as you go up and breathe out as you go down. Make sure you take a deep breath in and slow breath out.

From Charlie H (Rowan)





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### A MINDFUL MINUTE

Take a slow breath in and out.

Now imagine a small warm light glowing in your chest, like a star.

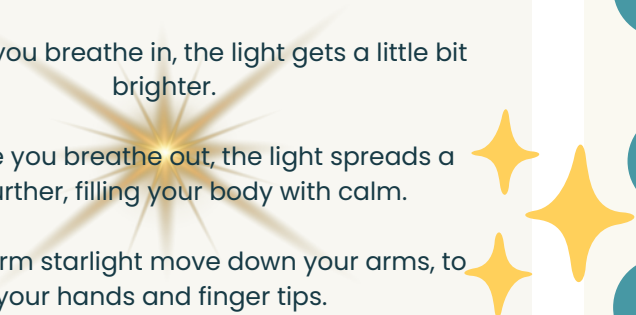
Each time you breathe in, the light gets a little bit brighter.

Each time you breathe out, the light spreads a little further, filling your body with calm.

Let that warm starlight move down your arms, to your hands and finger tips.

Let the light travel to your legs and feet. Until your whole body feels warm, calm, and safe.

Take one more deep breath in... and let it go. When you're ready, gently open your eyes.



### DATES TO REMEMBER

FEB

12

Chestnut & Hawthorn Bake Sale  
12<sup>th</sup> & 13<sup>th</sup> Feb

09

Children's Mental Health week 9<sup>th</sup>-13<sup>th</sup>

13

Red and Pink Dress Down Day

16

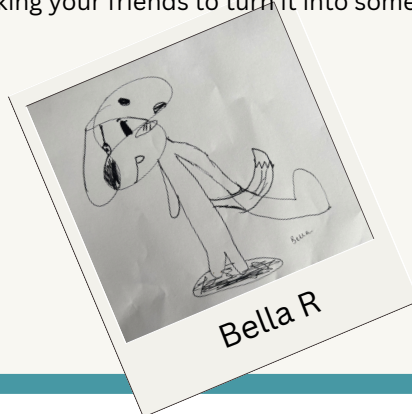
Half Term 16<sup>th</sup> Feb - 20<sup>th</sup> Feb

Are you a doodler?

Repetitive, low-pressure drawing can activate the relaxation response, slowing breathing and reducing stress! Try drawing a squiggle and asking your friends to turn it into something else...we will feature some of your doodles in the next newsletter.



Miss Price & Mrs Hall



Bella R



Olivia B

### CHALLENGE YOUR BRAIN!

"I'm tall when I'm young and I'm short when I'm old...what am I?"

Got it? Tell your Wellbeing Ambassador!

### Using Our Mind And Body To Relax...

Stretch! By Olivia (Hawthorn)

Stand with your feet apart and reach up to the sky, then down to touch your toes. Repeat, this time with your hands together, stretch up to the sky then swing down to your toes.

Focus! By Holly (Hawthorn)

Sit with your legs crossed and take 3 deep breaths in and out. Think of all the nice things people have done for you.

