

Sparsholt C. E. Primary School

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Tuesday, 30 March 2021

Dear Parents,

Over the last few weeks, we have successfully set our Sparsholt **Wheel of Wellbeing** in motion across every class, and both children and adults have felt the positive benefits of using it as a guide to health and happiness.

At school each day, we aim to do something from each spoke of the wheel to keep our body, mind and spirit healthy. We are delighted to share this with you so that you can have the opportunity to use it as a guide at home to enhance your whole family's wellbeing - it really does work!

Our **Wheel of Wellbeing** or **WoW** is based on **5 to thrive**:

body - spirit - planet - inspire - people

Please see the following diagram for more details on our **Wheel of Wellbeing** and in the words of the children... *"Don't delay - set the Sparsholt Wheel of Wellbeing in motion today!"* Please print a copy off and attach to your fridge/notice board.

Best wishes,

Mrs Gwilliam

Deputy headteacher



People

Connect and give:

Do random acts of kindness, to help others.
 You could volunteer to help someone else, support a good cause or simply say thank you. Being kind can help you and others feel great and can work wonders for your wellbeing. Seeing yourself linked to our local and global community can be incredibly rewarding and creates connection with people around you.



Body

Be active:


Your body is the engine that powers your wellbeing.
 Doing exercise everyday- walking, running, or playing games outside makes you feel good and promotes a healthier mind and body.



Inspire

Be creative:

We can all keep learning and be creative.
 Try learning a new skill or challenge yourself to learn something new everyday.

Spirit

Take notice:

Make time in the day to stop, be still and take notice.
 Take time to delight in the world around you and wonder at the mysteries of life. When we take notice we connect with our inner self, and our uniqueness. Taking notice helps us to appreciate our self, others and the wider world and its beauty.



Planet

Show care:

Look after your community and the world.
 Looking after our planet is the best recipe for our world wellbeing. Small positive changes like, recycling, reducing food waste and switching off lights can make a big difference.