

Greenside Grapevine

Friday 18th July 2025

Dates for your diary:

July

18th School closes at 3.15pm for Summer Holidays

September

Monday 1st Inset Day (school is closed to all pupils)

Tuesday 2nd School starts at 8.45am



The end of another academic year has arrived and what a busy and successful year it has been! During our staff briefing this week, we reflected on all the successes and developments that we are proud of. We couldn't quite believe what we have managed to achieve in such a short space of time. We looked at our 'School Improvement Plan' objectives and are proud of the following achievements:

1. Build on the learning culture of the school - All our new staff and ECT's (early career teachers) have settled into Greenside life quickly with the use of high quality training and support. Staff have received bespoke and group training to improve their knowledge and understanding of their roles and responsibilities which in turn has benefitted all our children.
2. Further strengthen effective use of assessment across the wider curriculum - Our children are now much more confident to articulate their learning and are using the refined Fab 5, varied assessments and knowledge maps to help them retain their prior knowledge. We continue to offer a broad and rich curriculum, ensuring our children experience many opportunities.
3. Further develop school resources and environment - We now have newly refurbished Year 5 and 6 toilets, and our library will be refurbished (a big thank you to the FROGS, Mrs Percival and Mrs Pollitt) in the summer holidays.
4. Strengthen the outcomes for SEND pupils - Our SEND unit is up and running and provides bespoke Maths, English, interventions and regulation sessions for a variety of SEND children across school.
5. Further improve consistency of the teaching and learning of English and Maths across school - Children's oracy skills and use of sentence stems has developed across school. Children are beginning to edit their writing using the ABC method more independently. The children's oracy skills have been show cased during class assemblies, performances and visitors in school. Our relaunch of TTRS has been a huge success and the children's multiplication check results have increased from last year.

All the above couldn't happen without the hard work from a dedicated staff team, motivated children and supportive parents/carers. Therefore, everyone should be very proud of how we have worked together to improve outcomes for all our children and continue to drive improvements.

We are looking forward to continuing to improve and develop Greenside but now it's time to rest, reset, explore and enjoy quality time with family and friends. We would like to wish you all a well deserved holiday and we are looking forward to seeing you on the 2nd September.

PE Platinum Award

We are delighted to inform you that Greenside Primary School have been successful in maintaining the Platinum award for the School Games Mark. This wouldn't have been possible without everyone's commitment. A big thank you to Miss Morris and all staff for driving this and continuing to develop our PE offer here at Greenside. We have developed active learning across school this year which has been a huge success and is recognised as part of the award. This year, we have also managed to provide 603 opportunities for children to represent the school at an event or take part in a club, which is double last year!

Well done and thank you to everyone involved!

Year 6 and Reception Buddies

Our Year 5 children, soon to be Year 6, have enjoyed writing letters to their Reception buddies this week. They are looking forward to meeting them in September 2025 and showing them what they enjoy learning and doing at Greenside. Reception 2025 children, keep a look out for your letter from your buddy!

Year 6 Goodbyes

We said our final goodbyes to our Year 6 children today and wished them well and all the best for the next step of their educational journey. This time of year brings very mixed emotions for us all. We are so proud of everything our Year 6 children have achieved throughout their time at Greenside and they are more than ready for the next step.

We are going to miss them dearly but know they are going to amaze their secondary schools with their knowledge, but most importantly their kind and caring nature. Thank you to all the Year 6 parents/carers for fundraising for their hoodies and leaving party. They are extremely fortunate and lucky children. The Year 6 performance really did showcase the many talents our Year 6 possess. We definitely have some budding stars in the making!

We are looking forward to inviting our Year 6 children back to Greenside in the Autumn Term to see them in their secondary school uniforms and talk about their new schools. Please keep a look out for the invite.

Continue to be proud to be yourselves Year 6, because we are certainly proud of everything you have achieved and the young people you have become.

Goodbye and all the best to our class of 2025!



Staffing

Since our last Grapevine, we have had two more staff sadly their hand in their notice at Greenside Primary School.

Mrs Wheater, one of dinner supervisors, is sadly leaving us to care for her Mum. Mrs Wheater has worked at Greenside supervising lunchtimes, supporting swimming sessions, sport days and educational visits for almost nine years. Mrs Wheater will be missed by all of the Greenside family, but we wish her all the best for her next chapter and spending quality time with her family. Thank you for everything you have done for Greenside Mrs Wheater!



Mr Goddard, one of our teaching assistants and 1-1 support staff for two years, has secured a cover supervisor role at another Leeds school. We are delighted for Mr Goddard and wish him all the best as he progresses in his career. We will miss you Mr Goddard!

Young Readers Review Panel - Truman Books (Farsley)

Truman Books in Farsley are running a new initiative to get more books into the hands of young readers. Participating children will be invited to go into the shop and collect a free book in return for writing a review which they will use in store and on social media. Children ages 9-12 will need to be registered by an adult via their email address.

info@trumanbooks.co.uk

TRUMAN BOOKS

There's also lots to do at Leeds Libraries! The Summer Reading Challenge 2025 has begun for children aged 4-11 years. The 2025 theme is Story Gardens and children can read anything they like – stories, poetry, fact books, graphic novels or listen to audiobooks – it's up to them! The books (physical or digital) can be borrowed from their local library and they recommend reading at least six books over the summer, with Story Garden rewards on offer throughout the challenge. Once they have read their sixth book, children complete the challenge and will be awarded a certificate and medal. Further information can be found on the website <https://summerreadingchallenge.org.uk/>

Pudsey Community Project

Pudsey Community Project will be taking school uniform to the Pudsey and Farsley Breeze events. Any school uniform donations should be dropped off to Pudsey Community Project (on the corner of Carlisle Road and Fartown) from Monday to Saturday, between 10am and 12noon. They would especially appreciate any HIGH SCHOOL items as they're in high demand.

Pudsey Community Project will be open for clothes browsing on Tuesday and Thursday mornings, between 10am and 12noon, over the summer holidays thanks to their amazing volunteer team!

Free School Uniform at Breeze
25th July - Queens Park, Pudsey
8th August Hainsworth Park, Farsley
12-4pm

Book activity tickets at www.breezeleeds.org/breeze-in-the-park/
Access to uniform stall free entry

 **Reduce Reuse Kids' Clothes** 
- part of Pudsey Community Project



Summer Holidays Clothes Rooms Opening Times



Browsing:

Tuesdays 10am-12noon
Thursdays 10am-12noon

Donations Drop-off:

Monday to Saturday 10am-12noon

Free Uniform Events at Breeze in the Park:

Friday 25th July at Queens Park, Pudsey
Friday 8th August at Hainsworth Park, Farsley
12-4pm
(see Breezeleeds.org to book activity tickets)



Normal opening times restart
on Monday 1st September

**CHOOSE
TO REUSE**



Reduce Reuse Kids' Clothes
- part of Pudsey Community Project



STARS (Specialist Training in Autism and Raising Standards)

STARS will be offering a FREE parent/carer and professional workshop on Emotional Wellbeing on Friday 5th September 2025 between 09:45am and 11:15am. This will be online via Microsoft Teams. This session will explore why autistic children and young people are at greater risk of poor mental health. They will discuss how you can work with children and young people to explore the causes of poor mental health, overcome barriers to wellbeing and support the development of coping mechanisms.

Outcomes

- To understand why autistic children and young people may be more vulnerable to poor mental health and wellbeing.
- To think about what makes autistic children and young people happy.
- To explore strategies that may help to promote autistic happiness and wellbeing.

Booking Information

Parents/carers can book their places by emailing SEND@leeds.gov.uk

Please be aware that due to unprecedented demand for these workshops, STARS are having to cap numbers attending and turn requests to attend down. Please do not book a place on a workshop unless you intend to take it up. If your circumstances change and you can no longer attend, please email STARS and let them know, so they can offer your place to someone else.

To avoid disruption to the learning and concentration of other delegates, people arriving more than 10 minutes late to training without prior explanation, may not be admitted.

Audience

Parents/carers of autistic, suspected autistic and neurodiverse children and young people. Setting staff who support parents/carers.

Summer Holidays

To make planning the summer holidays easier, the Child Friendly Leeds summer guide is back for 2025! Child Friendly Leeds work with partners and ambassadors from across the city to pull together a guide of free, pay-as-you-can or low-cost activities and events for families (see following page). Their website <https://wearechildfriendlyleeds.com/2025/07/03/the-2025-child-friendly-leeds-summer-guide/> has more information on what's going on and high resolution images of the guide.



Breeze in the Park

Breeze in the Park is a Leeds summer holiday institution. Taking place in 26 parks, there will be an interactive play system, arts zone, games, sports, food and, of course, the inflatables! Entry is £1 and booking is required. The full list of parks and dates can be found on the website <https://www.breezeleeds.org/breeze-in-the-park/>

Wonderland Awaits

Inspired by Lewis Carroll's Alice's Adventures in Wonderland and Through the Looking-Glass, "Wonderland Awaits" transports visitors down the rabbit hole to follow in Alice's footsteps where they'll encounter iconic scenes and some familiar characters in this summer's magical immersive experience in Leeds City Centre. The trail will take you to 7 locations across the city: Victoria Quarter, Corn Exchange, Trinity Leeds, Merrion Centre, Victoria Gate, Aire Park and Royal Armouries.

You can pick up a map from Central Library, City Centre hotels, John Lewis, Leeds City Station, Leeds Bus Station, Royal Armouries, Trinity Leeds Guest Services and Victoria Leeds Customer Service desk. Alternatively, you can download an electronic copy from the website <https://wonderlandleeds.com/>



The Child Friendly Leeds



SUMMER GUIDE

to free and low-cost* things to do

JULY

- 12** **The Thing about Happiness**
Leeds Playhouse, LS2, 18:00 start, booking required, pay what you can
- 13** **Gledhow Valley Green Fair**
11:00 to 16:00, drop-in
- 21** **Facepainting**
Kirkgate Markets, LS2, 11:00 to 15:00, free, drop-in
- 21** **Kirkstall Valley Explorers***
Kirkstall Valley Farm, LS5, 10:30 to 13:30, £4 to £7, booking online
- 21 - 24** **Thor's Let's Create Tables**
Thor's Tipi City Square, LS1, 13:00 to 15:00, drop-in
- 24 & 31** **Miffy Storytime**
Leeds City Museum, LS2, 30-min slots at 10, 11:30 and 13:30, pay what you can from £0, drop-in
- 24** **Lego, Duplo, colouring**
Kirkgate Markets, LS2, 11:00 to 15:00, drop-in
- 25** **Kitty + Custard Club Nursery Rhyme**
Kirkgate Markets, LS2, 13:00 to 13:30, drop-in
- 25** **We ART Seacroft Festival**
Seacroft Village Green LS14, 12:00 to 15:00 free, drop-in
- 26** **Story Gardens - Summer Reading challenge begins!**
Sign-up at your nearest Community Library!
- 26** **The Wizard of Oz (U)**
Hyde Park Picture House, LS5, 11/11:30 check times, pay what you can, autism friendly screening
- 26 & 27** **Balloon modelling**
Kirkgate Markets, LS2, 11:00 to 15:00, drop-in
- 28** **RJC Summer Dance Camp**
Mandela Centre, LS7, 10:30 to 12:30, must attend each day
- 28 - 1** **Mini mixology @ Festival of Fun!**
White Rose Shopping Centre, LS11, sessions at 12, 13:00, 14:00 & 15:00, £4
- 28** **Wrongsemble: Breadcrumbs***
Multiple libraries, LS2, 10:30 & 13:30, pay what you can, booking required
- 28 - 5** **Circus School**
Kirkgate Markets, LS2, 11:00 to 15:00, free, drop-in
- 29 - 31** **North Leeds Music Summer Club***
North Leeds Music Centre, LS17, 10:00 to 12:30, £10 for 2 days, booking online
- 29 - 30** **Make a Miffy Wand**
Leeds City Museum, LS2, 10:00 to 15:00, pay what you can from £0
- 29 & 30** **4 Day Orchestra Beginner Club***
North Leeds Music Centre, LS17 & Horsforth Music Centre, LS18, 10:00 to 12:30, £20 for 4 days, booking online
- 29 - 31** **Kirkstall Valley Explorers***
Kirkstall Valley Farm, LS5, 10:30 to 13:30, £4 to £7, booking online
- 29 - 31** **Tooth & Claw workshop**
Leeds Discovery Centre, LS10, 10:00 to 12:00, pay what you can from £0, booking online
- 30** **Pot a Plant***
Temple Newsam Walled Gardens, LS15, 13:00 to 15:00, £3, booking required
- 30** **Magic Shows & Bunny Balloons**
Leeds City Museum, LS2, 40-min slots at 11, 13:00 and 14:30, pay what you can from £0
- 31**

Like a place you visited? Nominate them to win the Child Friendly Leeds 'Best Place' award here:
<https://surveys.leeds.gov.uk/s/cflchildrenschoice/>



ALL SUMMER

- 23 Jul - 21 Aug** **Breeze in the Park!**
Breeze is back, visiting 26 parks across the city, including 12 relaxed sessions for children with SEND!
From giant inflatables to amazing entertainment, arts, crafts, games, sports, library buses and more, Breeze in the Park is the ultimate day out for children in Leeds for just £1!
21 of the events will have a school uniform exchange stand!
- 23 Jul - 31 Aug** **Birds, Bees & Butterflies**
Kirkstall Abbey, LS5, 10:00 to 15:00, pay what you can from £0, check opening hours
- 23 Jul - 31 Aug** **Stories in the Streets**
Abbey House Museum, LS5, 11:00 to 17:00, pay what you can from £0, check opening hours
- 26 July onwards** **Poo, Glorious Poo!**
Thackray Museum, LS9, under 6s free, £9-12, check opening hours
- 6 Jul - 31 Aug** **Live Music in Leeds Parks!**
Multiple Leeds parks, 14:30 start
- 26 Jul - 31 Aug** **Wonderland Awaits**
Mondays to Saturday 10:00 to 16:00; Sundays 11:00 to 16:00
This summer, the city will be taken over with characters and scenes from Lewis Carroll's Alice in Wonderland! Maps can be picked up in the city centre, and there are 7 locations to visit! Along the way, you can also stop at...
Summer of Whimsical Crafts!
Brand new craft activities each week in Trinity Leeds, LS1, 11:00 to 17:00 daily.
Summer colouring!
John Lewis Community Hub on the 4th floor, LS2, colouring available from 13:00 to 15:00



You can sign-up for the Summer Reading challenge from 5th July!

Sign up to Healthy Holidays - free activities and meals for children on Free School Meals

Kids eat FREE in the John Lewis dining area this summer!

£1 Family films at Cineworld Leeds, White Rose Centre, 25 July to 28 August

Free shoe fittings for children at John Lewis throughout summer!

As always, full details and booking links can be found on the Child Friendly Leeds blog.



<https://wearechildfriendlyleeds.com/category/holidays/>

The Child Friendly Leeds



SUMMER GUIDE

to free and low-cost* things to do

AUGUST

- Mon to Fri** **Facepainting and colouring**
Cross Gates Shopping Centre, LS15, 11 to 15:00, free, drop-in
- Fridays** **Lego, Duplo & Colouring**
Kirkgate Markets, LS2, 11:00 to 15:00, free, drop-in
- Tuesdays** **Get Arty in the Abbey**
Kirkstall Abbey, LS5, 10:00 to 11:30, pay what you can from £0, drop-in
- Wednesdays** **Urban Nature: Building in LEGO**
Kirkstall Abbey, LS5, 10:00 to 11:30, pay what you can from £0, drop-in
- Thursdays** **Crafty in the Cloister**
Kirkstall Abbey, LS5, 14:00 to 16:00, pay what you can from £0, drop-in
- 28 - 5** **Wrongsemble: Breadcrumbs**
Multiple libraries, LS2, 10:30 & 13:30, pay what you can, booking required
- 1** **Yorkshire Day!**
- 2 & 3** **Lilo & Stitch (U)***
Hyde Park Picture House, 11/11:10, pay what you can, autism friendly screening
- 2 - 3** **Horsforth Music Centre Rock School!**
Horsforth Music Centre, LS18, 10:00 to 13:00, £10 for 2 days
- 2, 7, 9 & 14** **Who's There? Creative Art Workshop**
Leeds Art Gallery, LS1, 11:00 to 15:00, pay what you can
- 3** **Family Rave!**
Thor's Tipi City Square, LS1, 10:00 to 12:00, booking required
- 4** **Facepainting**
Kirkgate Markets, LS2, 11:00 to 15:00, free, drop-in.
- 4 - 7** **Kirkstall Valley Explorers***
Kirkstall Valley Farm, LS5, 10:30 to 13:30, £4 to £7, booking online
- 4 - 31** **Treasure Hunt!**
John Lewis store 4th floor, LS2, check opening hours
- 5 & 6** **Sensory Room**
Leeds City Museum, LS2, 1-hour sessions at 10:30, 11:30 and 14:00, pay what you can from £0, booking required
- 5 - 7** **Bumper Cars**
Kirkgate Markets, LS2, 11:00 to 15:00, free, drop-in
- 6** **National Playday - Family Fun!**
Hunters Greave Scout Camp, LS13, 11:00 to 14:00, free, drop-in
- 6 - 7 & 13-14** **Paint Maze**
Cross Flatts Park, LS11, 11:00 to 14:00, free, drop-in
- 7, 14, & 21** **Thor's Let's Create Tables**
Thor's Tipi City Square, LS1, 13:00 to 15:00, drop-in
- 8** **The Tigger Movie (U)***
Hyde Park Picture House, LS6, 11:00, pay what you can, toddler friendly screening
- 9 & 10** **My Neighbour Totoro (U)**
Hyde Park Picture House, 11/11:30 check times, pay what you can, autism friendly screening
- 11** **Balloon modelling**
Kirkgate Markets, LS2, 11:00 to 15:00, drop-in
- 12 - 14** **Actual Reality Arcade**
Kirkgate Markets, LS2, 11:00 to 15:00, drop-in
- 12 - 21** **Fladam Presents Greenfingers**
Multiple libraries 10:30 & 13:30, pay what you can, book online

Like a place you visited? Nominate them to win the Child Friendly Leeds 'Best Place' award here:
<https://surveys.leeds.gov.uk/s/cflchildrenschoice/>



- 13** **Fun Day in the Park**
Kirk Lane Park, LS19, 13:00 to 15:00, drop-in
- 13** **Bread & Buried Workshop**
Leeds Discovery Centre, LS10, 10:00 to 12:00, pay what you can from £0, booking online
- 14 & 21** **Miffy Electric Paint & Animation workshop**
Leeds City Museum, LS2, 10:30 to 12 (ages 8-11); 13:00 to 14:30 (ages 12-14), pay what you can from £0, booking online
- 15** **Peppa Meets the Baby (U)***
Hyde Park Picture House, LS6, 11:00, pay what you can, toddler friendly screening
- 16 & 17** **Elio (U)**
Hyde Park Picture House, LS6, 11/11:30, pay what you can, autism friendly screening
- 18** **Facepainting**
Kirkgate Markets, LS2, 11:00 to 15:00, free, drop-in.
- 18** **Magic Shows & Bunny Balloons**
- 19** **Leeds City Museum, LS2, 40-min slots at 11, 13:00 and 14:30, pay what you can from £0, drop-in**
- 19 - 21** **Bath bomb making**
Kirkgate Markets, LS2, 11:00 to 15:00, drop-in
- 19 - 21** **Pattern Making Poetry**
Kirkstall Abbey, LS5, 11:00 to 15:00, pay what you can from £0, drop-in
- 20** **Miffy Storytime**
Leeds City Museum, LS2, 30-min slots at 10:30, 11:30 and 13:30, pay what you can from £0, drop-in
- 20** **Once Upon a Time Workshop**
Leeds City Museum, LS2, 10:00 to 12:00, pay what you can from £0, booking online
- 20 - 21** **Paint Maze**
Cross Flatts Park, LS11, 11:00 to 14:00, free, drop-in
- 23 & 30** **Climbing Wall**
Kirkgate Markets, LS2, 11:00 to 15:00, drop-in
- 23 & 24** **How to Train your Dragon (PG)***
Hyde Park Picture House, LS6, 11/11:30, £2.50, autism friendly screening
- 26 & 27** **Make a Miffy Wand**
Leeds City Museum, LS2, 10:00 to 15:00, pay what you can from £0, drop-in
- 26 - 28** **LS-TEN Rollerskating**
Kirkgate Markets, LS2, 11:00 to 15:00, drop-in
- 26, 29 - 31** **Short Films for Children (0-14 years)***
Hyde Park Picture House, LS6, 1 check times, £0-3
- 27** **Capture a moment workshop**
Leeds Discovery Centre, LS10, 10:00 to 12:00, pay what you can from £0, booking online
- 27 - 29** **Jack & the beanstalk**
Multiple libraries 10:30 & 13:30, pay what you can, book online
- 26 Jul - 31 Aug** **Wonderland Awaits!**
7 locations across the city centre with attractions and activities! 10 to 16:00 / 11:00 to 16:00
- 23 Jul - 21 Aug** **Breeze in the Park!**
26 parks across Leeds, 12 relaxed sessions, 11:00/12:00 to 16:00, £1,

ALL SUMMER

Kings Pins White Rose opens 15th august!

As always, full details and booking links can be found on the Child Friendly Leeds blog.



<https://wearechildfriendlyleeds.com/category/holidays/>

SUMMER MUSIC CLUBS

Subsidised music workshops for children and young people. Visit www.artformsleeds.co.uk for more information and to sign up!

North Leeds Music Centre Summer Club
29th and 30th July

Horsforth Music Centre Rock School
2nd and 3rd August

4 Day Beginner Orchestra (at NLMC and HMC)
29th July - 1st August



Attendance

Our attendance target for the end of this academic year remains at 98%. Our whole school attendance from the start of September to 13.07.2025 is 96.36%.

98%

We would like to thank all our parents/carers for their support in ensuring their child(ren) attend school regularly, on time and ready to learn.

Attendance

As you will be aware, attendance is a high priority at Greenside. We want our children **to want** to come to school and every member of staff is committed to ensuring your child is happy and settled while they are here.

Our children love to learn and regular attendance ensures your child does not fall behind academically. It also builds important social skills and can contribute to overall well-being. At Greenside, we try to instil good attendance habits all the way through school, from the moment they start in Reception, and we are looking forward to sharing some exciting new incentives with you next year!

**MOMENTS
MATTER,
ATTENDANCE
COUNTS.**

We look forward to welcoming the children back in September, alongside this year's new reception!

From the start of September to 13.07.2025, classes have the following late marks on their registers. This includes both L marks (late after 8.45am) and U marks (late after 9.15am).

- Friendly Foxes 43
- Enthusiastic Elephants 58
- Positive Penguins 56
- Outgoing Otters 65
- Confident Chameleons 73
- Adventurous Anacondas 162
- Persevering Pumas 99
- Dazzling Dolphins 14**
- Tenacious Toucans 204
- Creative Caimans 192

Well done Dazzling Dolphins!

You have shown amazing commitment to your learning and great respect to your teachers and peers by arriving on time and ready to learn!

REMEMBER
The class with the least late marks each half term will receive an extra playtime!

Class Attendance so far this academic year:

- Friendly Foxes 96.49%
- Enthusiastic Elephants 97.04%
- Positive Penguins 97.54%**
- Outgoing Otters 96.30%
- Confident Chameleons 97.20%
- Adventurous Anacondas 96.05%
- Persevering Pumas 96.96%
- Dazzling Dolphins 96.55%
- Tenacious Toucans 95.33%
- Creative Caimans 94.25%

Well done Positive Penguins!

Punctuality

We would like to take this opportunity to thank all our pupils and parents/carers for their commitment to punctuality. At the start of the year, we set out to improve our whole school punctuality, raising awareness and encouraging pupils to arrive at school on time each day.



We would like to share with you the number of late marks recorded across school and the number of children with late marks on their record. As you can see, this has decreased considerably!

- Half term 1 = 198 late marks / 59 pupils**
- Half term 2 = 238 late marks / 58 pupils**
- Half term 3 = 192 marks / 46 pupils**
- Half term 4 = 138 late marks / 50 pupils**
- Half term 5 = 106 late marks / 39 pupils**
- Half term 6 = 94 late marks / 35 pupils**

We also compared the total number of minutes lost from last year to the total number of minutes lost this year.

September 2023 to July 2024 = 21,098 minutes lost
September 2024 to 13.07.2025 = 12,732 minutes lost

Remember, lost minutes is lost learning!

Mindful Messages

This segment on our Grapevine is to support the wellbeing of our families and young people. Mrs Middleton, our Family Liaison Officer, is keen to share services and groups, both local and national.

If you would like any support then please do not hesitate to contact us via the school office or by our family support email address familysupport@greenside-sch.org. You can also find lots of helpful information on our website <https://www.greenside-sch.org/support-for-families/>



This year, we have focused on “5 Ways to Wellbeing” which can be found, in detail, on previous editions of the Grapevine. Don’t forget to try them over the Summer!



TALK & LISTEN,
BE THERE,
FEEL CONNECTED



DO WHAT YOU CAN,
ENJOY WHAT YOU DO,
MOVE YOUR MOOD



REMEMBER
THE SIMPLE
THINGS THAT
GIVE YOU JOY



EMBRACE NEW
EXPERIENCES,
SEE OPPORTUNITIES,
SURPRISE YOURSELF



Your time,
your words,
your presence

Try this simple to use calendar for inspiration!

Wellbeing Action Calendar

Insert month here:

1 Take time to ask someone how they are	2 Do something that makes you happy	3 Say one nice/positive thing to someone today	4 Make a plan to meet someone dear to you	5 Do a random act of kindness for someone today	6 Tell someone important how much they mean to you	7 Go for a walk
8 Be nice to someone today	9 Set a good example today	10 Give a compliment	11 Thank people	12 Offer hugs to your loved ones and friends	13 Smile at someone today	14 Write down 3 things you are grateful for
15 Go for a 30 minute walk	16 Meditate: Sit, relax, focus on breathing	17 Take time to check in on someone today	18 Spend time in nature	19 Try a new activity today	20 Laugh	21 Draw or paint a picture
22 Sit in the sun for five minutes	23 List 3 things you like about yourself	24 Enjoy a sunset or sunrise	25 Introduce yourself to someone new	26 Drink a glass of water before each meal	27 Write a poem	28 Clean out a cluttered drawer
29 Do something you love	30 Send a nice text message to someone	31 Take a photo of something nice				