



Wyre Forest School Sport Partnership

Christmas Wellbeing Newsletter



As we approach the end of 2024, looking after our physical and mental health remains incredibly important and with a new year about to start is often a great time to reflect and reset. 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 very

Merry Fitmas & a Happy New Year!



Connect with other people.

Make and send a Pop-up Christmas tree 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 have some fun, making these Christmas Tree Pop-up cards 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 words can you say that might make a difference to how they are feeling? Follow these simple instructions - <https://jmp.sh/2IQX2Pfg>

Take time each day to be with your family:

Check out our '25 days of Christmas family activities'. How many activities can you do during December?

Connect with your friends/family: with this fun Christmas Family Quiz! The whole family can get involved answering questions across the themes of Christmas including traditions, films, books, Carols and food! [Simply download](#), print and in teams find out who knows the most Christmas trivia!

25 DAYS OF CHRISTMAS

Family Activities



| | | | | |
|-----------------------------|----------------------------|---------------------------|--|---------------------------|
| 1 Make a hot chocolate | 2 Write Christmas cards | 3 Go Christmas Shopping | 4 Watch Christmas films in pyjamas | 5 Decorate Christmas tree |
| 6 Listen to Christmas music | 7 Have a games night | 8 Sing Christmas carols | 9 Decorate gingerbread | 10 Wrap presents |
| 11 Read a Christmas book | 12 Write a letter to Santa | 13 Christmas jumper day | 14 Go ice skating | 15 Make paper chains |
| 16 Make paper snowflakes | 17 Visit Santa Clause | 18 Bake Christmas cookies | 19 Make homemade gifts | 20 Eat mince pies |
| 21 Have a Christmas party | 22 Post Christmas cards | 23 Have a Christmas Quiz | 24 Draw a snowman if you can't build one | 25 Random act of kindness |



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 your Winter and Christmas Art projects - www.youtube.com/results?sp=mAEB&search_query=art+hub+for+kids+christmas

Try getting creative with something new: Have a go at making some fun festive treats with these sparkling vanilla Christmas cookies - www.bbcgoodfood.com/recipes/sparkling-vanilla-christmas-cookies

Santa's Magic Milk experiment: Why not give this fun Science experiment a go and make some of [Santa's magic milk!](#)

Santa's Magic Milk

Science Experiment



Method

1. Pour some milk in the shallow dish.
2. If you would like the experiment to smell, add some peppermint essence.
3. Sprinkle the eco-glitter on top of the milk then add small drops of food colouring towards the edge of the dish.
4. The food colouring will sit on top of the surface.
5. Dip the lolly stick in the liquid soap then place that end of the lolly stick in the centre of the milk.
6. This is when the magic happens!
7. The food colouring will slowly begin to swirl.
8. The eco-glitter will jump to the edge of the dish.

You will need:

- Whole milk or half-fat milk
- Green food colouring
- Red food colouring
- Green eco-friendly glitter
- Red eco-friendly glitter
- Liquid soap
- A lolly stick
- A shallow dish





Be physically active.

Christmas at Hartlebury Castle: A Family Christmas returns to Hartlebury Castle this December on Saturday 7th and Sunday 8th! Enjoy a magical December day out in the Worcestershire countryside where the castle and museum will be dressed for Christmas. Mother Christmas will be waiting to greet families throughout the event. Explore the Castle and Museum to discover all the hidden nutcracker soldiers along with their Christmas stockings! Families can also get stuck into Christmassy crafts and entertainment including biscuit decorating, balloon modelling and circus skills with Looby and Joey the Juggler. The festively decorated Victorian schoolroom will be ready and waiting for children to write those all-important letters to Santa. A winter walk around the historic moat is a lovely addition to the day; stop off at the bird hide to see what wildlife you can spot on your way to the fantastic woodland playground. <https://hartleburycastle.com/event/a-family-christmas-2024/>

Christmas at Churchfields: As one of Churchfield's Elves guides your family through your visit, find out which family members are on the Naughty list, help with Mrs Claus in the kitchen and enjoy her interactive show and maybe help the Elves' preparations for the big day. After you've had a personal audience with Father Christmas, children can choose a toy from this toyshop and even write him a letter to remind him of any last minute requests!

<https://bookings.churchfields.farm/book/churchfields-seasonal-events/christmas-at-churchfields/230>

Check out the Christmas Tree exhibition at Worcester Cathedral! A stunning display of Christmas trees are on show at Worcester Cathedral from 7th December – 14th January (excluding 24 & 25 December). Each tree is individually designed by members of the community, local schools and organisations. The display will be on show in the Medieval Cloister and is set to be a perfect photo opportunity with dazzling Christmas lights and colours.

Christmas at Hanbury Hall: Join the party at Hanbury Hall this Christmas. Take a nostalgic trip to the late 20th century, inspired by stories of wild house parties held at the Hall in the 1970s and 1980s. Reminisce over your favourite toys from childhood, and dance around listening to all the Christmas number ones while sipping on a Babycham. Discover a retro fashion exhibition in the Long Gallery and enjoy a traditional three-course Christmas lunch in the Courtyard Kitchen!

www.nationaltrust.org.uk/visit/worcestershire-herefordshire/hanbury-hall

Little Owl Farm Park Christmas Grotto 2024: Experience the Magic of Christmas at Little Owl Farm Park! If you're searching for a festive family day out this Christmas, be sure to put Little Owl Farm Park at the top of your list. Join them for a day filled with the perfect mix of festive activities and a whole lot of farm fun too! You get the chance to decorate gingerbread with Mother Christmas, drink hot chocolate, choose a gift from the Grotto toy shop and play festive mini-golf! To find out more and to book, click here: www.littleowlfarmpark.co.uk/christmas-2024/christmas-grotto-event-2024/

Atwell Farm Light Trail: Atwell Farm proudly presents their Festive Farm Light Trail for 2024, where every step leads you deeper into a winter wonderland. Stroll through the Enchanted Farm by Night and immerse yourself in a dazzling display of twinkling lights and Giant Sculptures, where trees, barns, and pathways come alive with the sparkle of the season. As you explore, enjoy interactive encounters with enchanting characters that bring the magic of the holidays to life. Visit the Winter Barns to meet and feed farm animals, including alpacas, llamas, goats, and more. Warm up by crackling fire pits while roasting marshmallows, and let the kids burn off some energy in the spacious indoor heated soft play area. To complete your magical evening, indulge in delicious festive food and drinks that will warm your heart and lift your spirits. <https://attwellfarmpark.co.uk/events/festive-farm-light-trail/>

Christmas day Parkrun: Start your Christmas day with some Christmas cheer at your local festive Parkrun! Have lots of fun completing the course with friends and family. To add to the festivities, why not wear something Christmassy to mark the special day! To find out where you can take part, visit the following link - www.parkrun.org.uk/special-events/



Give to others.

Reverse Advent Calendar: This year, local Foodbanks are encouraging families to create a 'reverse Advent Calendar'. Find a box and everyday add in an item either from the list opposite, or of your choice. Deliver your full box to your local Foodbank so that those in need can enjoy Christmas without worrying about food!

Delivering joy with Dunelm: Dunelm has kick-started their 2024 Delivering Joy initiative! Helping to provide gifts to those most in need this Christmas! Customers simply pick up a tag in store, with a gift request from a local cause, and drop the gift back to store where Dunelm will make sure it is delivered in time for Christmas. Check out how to get involved here and make someone's Christmas:

www.dunelm.com/info/delivering-joy-at-christmas

REVERSE ADVENT CALENDAR

EACH DAY ADD AN ITEM TO A BOX.
ON CHRISTMAS EVE DONATE THE CONTENTS TO A FOOD BANK.

- December 1 - box of cereal
- December 2 - peanut butter
- December 3 - stuffing mix
- December 4 - boxed potatoes
- December 5 - macaroni and cheese
- December 6 - canned fruit
- December 7 - canned tomatoes
- December 8 - canned tuna
- December 9 - dessert mix
- December 10 - jar of applesauce
- December 11 - canned sweet potatoes
- December 12 - cranberry sauce
- December 13 - canned beans
- December 14 - box of crackers
- December 15 - package of rice
- December 16 - package of oatmeal
- December 17 - package pasta
- December 18 - spaghetti sauce
- December 19 - chicken noodle soup
- December 20 - tomato soup
- December 21 - can corn
- December 22 - can mixed vegetables
- December 23 - can carrots
- December 24 - can green beans

PASSIONATEPENNYPINCHER.COM

Pay attention to the present moment (mindfulness).

Christmas mindfulness colouring party placemats: Try making some festive placemats for the dinner table on Christmas Day? Here are 6 different designs: <https://imp.sh/lvKPUIh>

Christmas wordsearches: Test your logic/puzzle skills with these Christmas themed wordsearches – there are 3 puzzles to complete!
<https://imp.sh/QezBP5D>

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://imp.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:



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@WyreForestSchoolSportPartnership