



Health, Happiness & Wellbeing

NEWSLETTER

SUMMER EDITION 2026



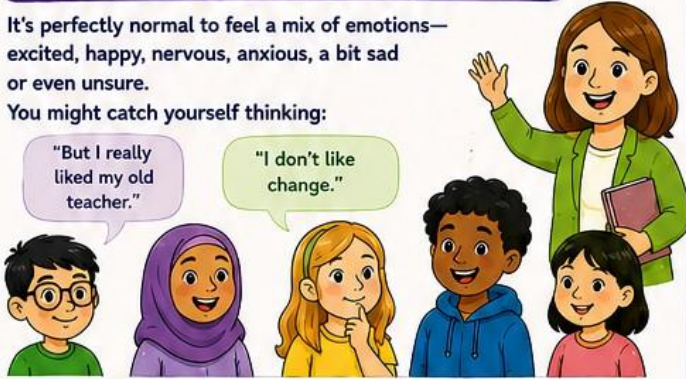
A NEW TEACHER IN SEPTEMBER

It's perfectly normal to feel a mix of emotions—excited, happy, nervous, anxious, a bit sad or even unsure.

You might catch yourself thinking:

"But I really liked my old teacher."

"I don't like change."



Here are a few things to keep in mind:

- ♥ Your new teacher might be feeling a bit nervous too!
- ♥ Change can feel tricky at first, especially when you're leaving something you enjoy—but it can also bring fun, new experiences.
- ♥ You'll probably start to feel more comfortable with your new teacher after just a few days.
- ♥ Having different teachers throughout school makes learning more interesting and gives you the chance to try new things! 😊

TOP TIP!

When you meet your new teacher, try giving them a big smile and saying hello!

During the summer holidays, you could even write them a short letter to share a little about yourself and what you enjoy. It's a great way to help them get to know you!



KEEPING SAFE IN THE SUN!

Don't forget with all this lovely sunshine you need to look after yourself...



Apply
suncream
(& re-apply
regularly)



Wear
a hat



Play & sit
in the shade



Drink lots
of water

FUNDRAISING WEEK

Thank you to everyone who has supported our Summer Fundraising week – it is very much appreciated.



FREE THINGS TO DO IN BARKING & DAGENHAM THIS SUMMER

You don't have to spend lots of money to have a brilliant summer!



Visit local
parks and
playgrounds



Join the Summer
Reading Challenge
at your library



Play football,
cricket or
rounders



Ride your bike
or scooter
safely



Have a family
picnic



Go on a nature
walk and see
what wildlife
you can spot



Enjoy splash
parks and water
play areas



Look out for FREE
family events in
the holidays!



The best adventures are often the simplest ones!



BE KIND TO YOURSELF THIS SUMMER



Get plenty
of sleep



Eat healthy
foods



Stay
active



Take breaks
from screens



Spend time with
people who
make you smile



Make happy memories every day!



HAVE A WONDERFUL SUMMER!

Wishing you all a fantastic summer break filled with joy, rest and cherished time with family and friends.

Stay safe, enjoy every moment and make some great memories at home.

We can't wait to welcome you back in September!



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Warmest wishes,
The Marsh Green Primary School Team