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FROM ALL OF THE STAFF AND PUPILS AT HYLTON CASTLE PRIMARY SCHOOL

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to create their own imaginative play games.

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OPAL update

Thank you for the donation of the drum kit to OPAL. The children loved making music under the willow trees.

We also very kindly had a castle donated which the children have loved using



Please remember we are always in need of donations. We are currently developing a 'home corner' and would love any prams, dolls, cushions, or blankets. Thank you 🛈



Well Done to Year 4 who won the bingo. You will receive your prize soon.

Wellbeing

Wellbeing is extremely important to us, and we are very excited to be holding our first wellbeing day on 19th May. As you all know the first theme is 'be active' and we would love to see any way you and your family are active at home. Being physically active is not only great for your physical health and fitness, but evidence also shows that it can also improve your mental wellbeing. It can help you feel good both on the inside and out. It does this by causing chemical changes in your brain, which can help to positively change your mood and can help with:

- Raising your self-esteem
- Setting goals or challenges and achieving them .

✻ ********* Reducing anxiety and stress

Please email any pictures into the info@hyltoncastleprimary.org.uk as we would love to share your pictures on our Facebook page. Together we can be more active and make a positive change to our wellbeing. \bigcirc


