



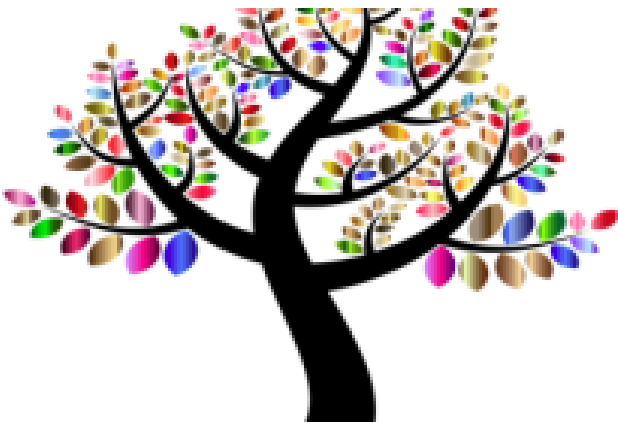
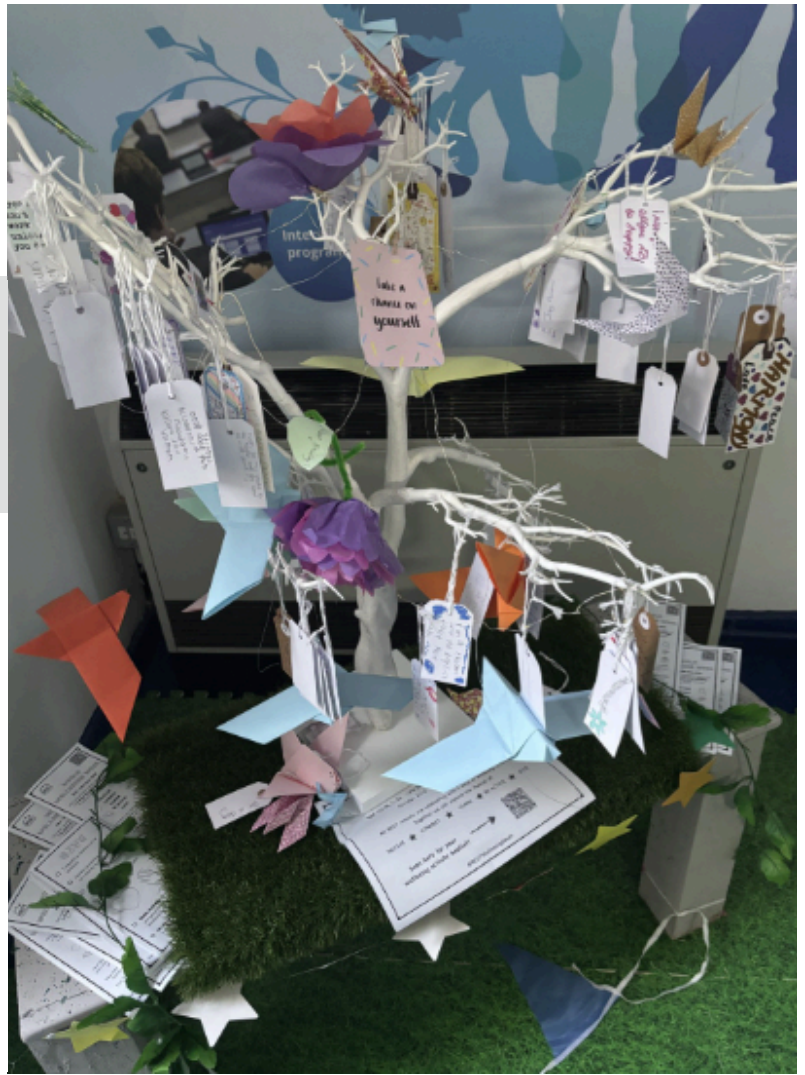
ETONBURY  
ACADEMY



# ETONBURY ACADEMY

## EXPLORING THE JOURNEY TO WELLBEING.

Wellbeing week 2025 was celebrated here at Etonbury Academy and across all the schools in The Bedfordshire Schools Trust. Students and staff alike participated in a series of engaging activities designed to promote mental, physical, and emotional health and wellbeing. Each day of the week focused on a different aspect of wellbeing and there were activities for both staff and students.



LEAD BY  
**MRS J BRAMACHARI-LIMB**

Head of Performing Arts, Specialist Leader in Education,  
Diversity and Equality Lead and Wellbeing Coordinator.



## WORLD WELLBEING WEEK

Monday 23rd – Friday 27th June 2025

All BEST schools are celebrating with 5 days of wellbeing activities.  
Together we will explore the themes of:

NOTICE ★ CONNECT ★ LEARN ★ BE ACTIVE ★ GIVE

Scan here for your wellbeing activity booklet! 

#BESTWellbeingWeek

### ACTIVE

- ☐ Go for a walk in the fresh air
- ☐ Spend 60 mins playing outside
- ☐ Go for a bike/scooter ride
- ☐ Dance to your favourite music
- ☐ Build your own obstacle course or exercise circuit at home

**Class activity:** Try an online 2025/ exercise video (5 mins)

**In school I will:** Play a new game in the playground OR cycle or walk to school

### GIVE

- ☐ Complete a random act of kindness
- ☐ Donate something from home to a charity or food bank
- ☐ Smile or wave to someone and brighten their day
- ☐ Help an elderly or vulnerable neighbour

**Class activity:** Share how you are going to be helpful to somebody this week

**In school I will:** Offer to help a member of staff

### NOTICE

- ☐ Notice how you are feeling? try naming your feelings twice in a day
- ☐ Notice nature: pay close attention to something outside (a tree, an insect, a cloud)
- ☐ Notice what you are eating. The taste, smell, how it makes you feel
- ☐ Notice the positives: Name 3 positive things from this week

**Class activity:** Try a mindful activity in class (listening, breathing, stretching, drawing)

**In school I will:** Notice how other people are feeling

### CONNECT

- ☐ Be a morning greeter: welcome others at the school gate
- ☐ Have conversation time with a family member or friend with a no interruptions
- ☐ Ask somebody how they're doing today (085/085)
- ☐ Write a card to somebody you haven't seen in a while

**Class activity:** 1-minute friendship exercise: tell to someone different in class something you tried for class

**In school I will:** Say hello to someone I don't normally speak to

### LEARN

- ☐ Learn a new skill (sewing, a game, baking, sport)
- ☐ Read a book try a new author
- ☐ Teach something I learned this week to someone at home
- ☐ Have a go at something challenging and notice what you learn

**Class activity:** Try a wellbeing exercise

**In school I will:** Learn from a classmate who speaks another language how to say 'hello' 'goodbye' and 'thank you'

### WORLD WELLBEING WEEK

23rd – 27th June 2025

This year all BEST schools are taking part in 5 days of wellbeing activities and others

**NOTICE**  
**CONNECT**  
**LEARN**  
**BE ACTIVE**  
**GIVE**

Each day your challenge is to choose your own wellbeing activity and tick it off when it's completed.

Your school will also be offering a daily shared activity to enjoy together.

Turn the page to see more and have a wonderful wellbeing week!

Name: \_\_\_\_\_

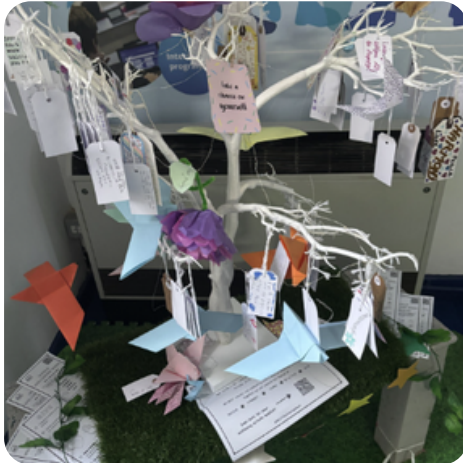
The ETA Way    Everyone's Respectful    Together we care    Always aim higher

# WORLD WELLBEING WEEK 23 - 27 JUNE

## STUDENT CELEBRATIONS

**BEST celebrated by inviting all schools to take part in five days of wellbeing activities.**

- Every student received their own Wellbeing Week booklet with a variety of daily activities to choose, try and tick off.
- There was one daily shared activity undertaken collectively as a form.
- Primary students received their own booklet while secondary students could access a digital booklet via a QR code.
- Everybody in our school community was encouraged to participate, try something new and perhaps to continuing with a new habit beyond Wellbeing Week ...



On Monday pupils wrote messages for our wellbeing tree. The tree, a symbol of growth and strength, stood proudly in the school corridor. Each leaf carried a message, a wish, or an expression of gratitude written by the students.

Tuesday, we had a 5,4,3,2,1 focus form time and grounding technique. Students were guided through this mindfulness exercise to help them centre their thoughts and relieve stress.

Mid-week, Wednesday, relaxing music was played in classrooms whilst students walked in and during form time while working on a flying start and work tasks.



Thursday, form time began with a HIIT workout taster session. The energetic workout was designed to get hearts pumping and spirits lifted, bringing a burst of energy to the day.



Finally, on Friday we had affirmations! Students gathered in their forms to share positive affirmations, creating an atmosphere filled with encouragement and support.

Creating affirmation flowers helped pupils to relax. These flowers were then displayed in the classrooms, transforming the spaces into a vibrant garden of positivity and hope.





# WORLD WELLBEING WEEK 23 - 27 JUNE

## STAFF CELEBRATIONS

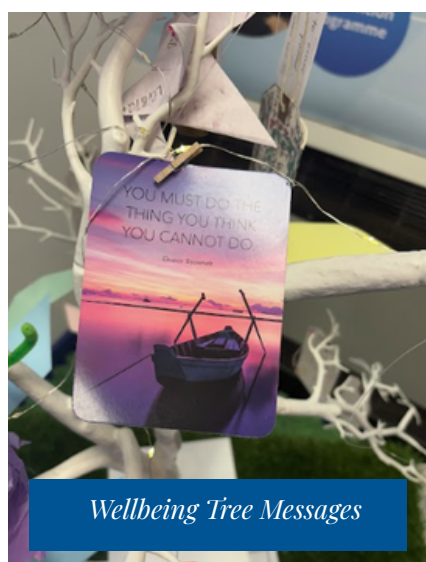
Monday - Wishing Tree and launch wellbeing week with staff raffle - energy balls gift in briefing.

Tuesday - Yoga stretch and SLT breakfast.

Wednesday - Affirmation flowers and relax in the pop up garden.

Thursday - Garden games, and karaoke and snacks/cool drinks

Friday - Milkshake and coffee van as well as blood pressure checks! Spa retreat after school with Temple Spa.



WELLBEING WEEK  
2025