



## Chaplain's Chat

Evangeline Supra – Chaplain at White Gum Valley PS  
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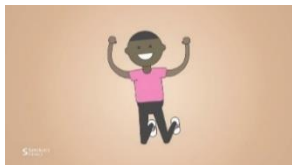


### ***Greetings White Gum Valley Primary School Community,***

As this term is drawing to a close, I thought I would mention some helpful information in this newsletter about wellbeing. Our wellbeing includes our mental health and physical health. In regards to positive wellbeing, it is so important as it determines how we function and deal with any day to day challenges that come our way. I thought I would share some video links that would be quite beneficial to show your child/watch with them in promoting healthy and positive wellbeing. Especially as we are getting closer to school wrapping up this term. Have a happy school holidays and don't forget to look after your wellbeing! From your Chappy!



<https://youtu.be/yF70u43Vj6c> **What are the 5 Ways to Wellbeing?** We asked Rochdale teenagers to work with animation company Kilogramme and make a short film about what the 5 Ways to Wellbeing mean to them, using their live...



[https://youtu.be/\\_gJ5V525Sck](https://youtu.be/_gJ5V525Sck)

**The Five Ways to Wellbeing - boosting mental wellbeing** The Five Ways to Wellbeing - researched and developed by the New Economics Foundation for the Department of Health and Social Care.