



Chesterton Primary School STUDENT NEWSLETTER

JUNE 2026 EDITION #2

WELCOME

Welcome to our second student newsletter!

The Summer term has been flying by, and there's still so much to look forward to before the long break. Have a look at our "Dates to Remember" to see everything that's coming up.

This is always a busy time of year, so if you can, take a moment to pause, take a deep breath, and reflect on all that you've achieved so far, you've done brilliantly!

We hope you enjoyed the Children's Mental Health Week activities and the Wellbeing Ambassadors Assembly. Highlights and photos will be added to the school website very soon.



Need a quick chat? Don't forget the Wellbeing Ambassadors are here to guide you to support. Plus, lunch time drop-in runs Wednesday 12.10 in the studio. with Mrs Hall.

SUMMER TERM VALUE: INTEGRITY

"To do the right thing when no one is watching" By Caden H (Oak)

How can we show Integrity in school?

- Be trustworthy
- Re respectful

Message from Olivia (Oak) for the last term.



Keep going when things are hard.
Take deep breaths - you've got this!
Remember you are perfect the way you are.

I believe in you.

WHO ARE THE WELLBEING AMBASSADORS?

Caden H & Olivia B (Oak)
Bella R & Charlie H (Rowan)
Holly B & Olivia R (Hawthorn)

Champion positive kind behaviour in our school

Look out for each other

Learn, share and model wellbeing activities

Update our student newsletter each term

Which colour matches your mood today?



zones of regulation

Bella and Charlie's exercise challenge to boost your mood!

Morning Reset!

Do 50 jumps each morning before you do anything else! Come and tell us if you completed our challenge and we will award you with a sticker.





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MICRO MOMENTS MATTER

Take a moment to reflect on your day so far by noting one thing that has gone well or made you feel happy for each hour.

Building this simple habit can help strengthen positive thinking and shift your focus toward what's going well.

This exercise isn't designed to ignore the challenges you might be facing, but it can help to create a sense of balance and make it easier to appreciate the small, meaningful moments throughout your day.

Take a look at our Wellbeing Ambassador's Micro Moments below and see what made their day.

"The little things are the big things"

07:00 Woken up by the cat!
08:00 Watching the funniest news
09:00 Seeing my friends
10:00 Battle of the bands
11:00 Playing with friends
12:00 Olivia coming back from holiday!
13:00 Reading my animal book
14:00 Learning a new history topic
15:00 Sitting in the front seat on the way home

Holly B

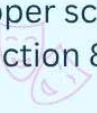
DATES TO REMEMBER

JULY

07

Changeover day


08

Upper school production 8th & 9th


10

Summer Party


10

Year 6 camp out


CHALLENGE

"I have hands but no fingers, a face but no eyes."
What am I?

"David's father has three sons: Snap,
Crackle and ____?"



Last newsletter challenge:

"I'm tall when I'm young and I'm short when
I'm old...what am I?"

Answer: A Candle - did you get it?

Mindful Colouring... What's the big deal?

Brain Break: Mindful colouring can help you relax by sending calming signals to your brain, letting it know that you are safe and at ease, helping your body and mind feel more settled.

Attached to this newsletter is a mindful colouring sheet for you to enjoy.

