

Monthly Mindset

June 2023

Welcome

Welcome to the June 2023 edition of our 'Monthly Mindset' newsletter! In this exciting bulletin we will bring you our Mindset highlights of the month, with pictures and stories of what we have been up to! Included will be hints and tips on how to look after your wellbeing, and exclusive, FREE 'Monthly Mindset' activity content! We just want to do our bit to help you and your school flourish!

One for the kids

As summer has most definitely arrived and we are all embracing the warm and sunny weather, what could possibly be better than a bit of outdoor learning? Please find attached our Watch Me Rise Scavenger Hunt!



Mindset of the month



The above photograph may appear to be just an ordinary football goal with four hoops tied to it, but in fact the story that this picture represents is most heart-warming and extraordinary. One of our children participating in the Watch Me Rise resilience programme, had previously found it very difficult to talk about their feelings. It was during an emotion throw activity, where this person started to open up and share the feelings they had experienced in their life. This was such an incredible breakthrough! Our talented mentor had found out that this child loved football, so incorporated the goal into the activity. The steps taken that day were so important and this story serves as a powerful reminder of the positive impact we can all make to the lives of our children.

One for the staff

A summer BBQ is a great way of switching off from work and spending time with friends and family! Here is my recipe for a very refreshing drink that your guests will love:

Elderflower cordial – homemade is the best!

Lemonade

3 Limes, sliced

4 Lemongrass sticks, bashed

Ice

Hit the lemongrass with a rolling pin, to break down the fibres. Roll the limes on a chopping board until they begin to soften and cut into slices. Place the lemongrass, limes and ice in a large jug and fill to halfway with the elderflower cordial. Fill to the top with lemonade and give it a stir. Enjoy!

Change your
Mindset!

One for the classroom



Superstar Programme

Our newly revamped Superstar Programme is now going strong across Nottinghamshire and Derbyshire, with many schools now accessing the twelve-week intervention. Our programme gives students respite for an hour a week and is designed to support children who find certain subjects and classroom activities challenging. This exciting SEMH intervention has proven extremely effective, in developing the self-esteem and confidence of participating children.



Until we meet again

Thank you for reading our June 2023 edition of 'Monthly Mindset' and we hope you have found it both informative and enjoyable!



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