



Great Doddington Primary School

Wellbeing newsletter

Summer 2023

As we approach the summer holidays, I wanted to share some information that you may find useful.

TooGoodTooGo- App Review:



Too Good To Go is a mobile application that connects customers to restaurants and food outlets that have unsold food surplus. You can pick up left over food or meals at different times of the day at heavily discounted prices. All you do is download the app, which will come up with different food businesses in your area. If they have any 'goody bags' of food it will pop up and you simply select it and go and pick it up. You receive a 'goody bag' of edible meals and treats which differ depending on where you select. The purpose of Too Good To Go is to reduce food waste worldwide, so if you want to take part as well as enjoying good, tasty food at discounted prices, give it a try!

15 ways to promote and support Good Mental Health

1. Make sure you get enough sleep
2. Eat healthy food and drink healthy drinks
3. Learn how to relax and switch off
4. Connect with friends and family
5. Learn new things every day
6. Help others when ever you can
7. Exercise each day
8. Talk about your feelings
9. Be mindful and take notice of what is happening around you
10. Be Thankful for all the things you have
11. Set goals for yourself and embrace your wishes and dreams
12. Challenge any negative thoughts
13. Learn how to smile more!
14. Ask for help if you have a problem
15. Have fun and laugh!



To ensure that you have a great summer, remember to look after your mental health as well as your physical health.

Take time to relax, rest and recover over the holiday. Stay active, maybe set a small goal of 15 mins of exercise a day whether that be a walk or a home workout.

Stay connected with your friends and families, have picnics and playdates and enjoy the summer sunshine.

PLACES WHERE KIDS EAT FREE (OR FOR £1) DURING THE 6 WEEKS SUMMER HOLIDAYS 2023

COURTESY OF MONEY SAVING CENTRAL

ASDA

Kids eat for £1 All Day, Every Day at Asda cafes, with no adult spend required.

TESCO

Kids eat free with a purchase of 60p+ from Mon 24th July - Fri 1st September 2023

SAINSBURY'S CAFES

Kids eat for £1 with the purchase of an adult hot main. From 11:30am every day.

BEEFEATER & BREWERS FAYRE

Two children under 16 can get a free breakfast every day with one paying adult!

THE REAL GREEK

Kids under 12 eat FREE every Sunday for every £10 spent by an adult

TABLE TABLE

Two children under 16 can get a free breakfast every day with one paying adult!

TRAVEL LODGE

Buy 1 Adult Breakfast from just £8.99 & up to two kids eat breakfast for free

HUNGRY HORSE

Kids eat for £1 on Mondays & up to 2 Kids get free breakfast with 1 adult breakfast

PREMIER INN

Buy 1 Adult Breakfast from just £8.99 & up to two kids eat breakfast for free

SIZZLING PUBS

Every Monday to Friday, 3 - 7pm, kids' mains are £1 with every adult meal.

IKEA

Kids get a meal from 95p daily from 11am

MORRISONS

Spend £4.49 & get one free kids meal all day, every day.

GORDON RAMSEY RESTAURANTS

Kids under 8 eat FREE all day, every day at selected Gordon Ramsay restaurants

PRETO

Kids up to age 10 eat free all day, every day with paying adults at Preto in Half Terms

BILLS

2 kids eat FREE all day, every day from Monday 24th July - Friday 1st Sept 2023

BELLA ITALIA

Children eat for £1 with any adult main. The offer is valid 4-6pm Mon to Thurs.

WHITBREAD INNS

Two kids under 16 eat for FREE with every adult breakfast purchased

SA BRAINS PUBS

Children can eat for £1 with any adult main. Valid All Day Wednesdays

FUTURE INNS

Under 12's eat for free with any adult meal. During the school holidays

PAUSA CAFE @ DUNELM

Kids get 1 mini main, 2 snacks & a drink FREE with every £4 spend after 3pm

YO! SUSHI

From Mon 17th of July until Fri 11th of Aug kids eat free with every £10 adult spend

TO BE CONFIRMED...

M&S and Farmhouse Inns

If you're looking for things to do, these websites have some good suggestions.

[Things to do with the kids this summer - Northamptonshire | Muddy Stiletto's](#)

[Summer activities - Wellingborough | North Northamptonshire Council \(northnorthants.gov.uk\)](#)

[What's On | Stanwick Lakes | Nature, Heritage, Adventure](#)



TALK & LISTEN, BE THERE, FEEL CONNECTED



DO WHAT YOU CAN, ENJOY WHAT YOU DO, MOVE YOUR MOOD



REMEMBER THE SIMPLE THINGS THAT GIVE YOU JOY



EMBRACE NEW EXPERIENCES, SEE OPPORTUNITIES, SURPRISE YOURSELF



Your time, your words, your presence

I will be picking up my emails, sporadically, during the summer break, so if you have any worries or questions then please feel free to email me: lucy.winrow@greatdoddington.northants.sch.uk

If you have any safeguarding concerns then you can contact Miss Shelton: rachael.shelton@greatdoddington.northants.sch.uk or 07513185131