

# A Summer of Connection, Curiosity and Joy



Ms Joanne Dunphy  
Head of AISL Harrow Nanning

Dear Parents,

The end of the school year is always a special moment. It is a time to celebrate all that our children have achieved, to reflect on how much they have grown, and to look forward to a season of rest, family time and new experiences.

As parents, we naturally want our children to enjoy their holidays. We hope you will have fun, make happy memories, spend time with people they love and return to school feeling refreshed and ready for the year ahead.

Research into children’s wellbeing suggests that some of the most important ingredients for a happy and healthy childhood are often found in everyday moments. One particularly influential framework, known as the Five Ways to Wellbeing, was developed from extensive research into what helps people flourish. The five ideas are simple and practical:

- Connect
- Be Active
- Take Notice
- Keep Learning
- Give

What I find reassuring about this research is that it does not suggest children need perfect holidays, expensive activities or packed schedules. Instead, it reminds us that wellbeing is built through ordinary experiences that help children feel connected, curious, confident and cared for.

With that in mind, I would like to share some gentle reflections on the Five Ways to Wellbeing and how they might inspire family life over the summer break.

## WAY 1: CONNECT

Children flourish when they feel connected to the people who matter most to them.

During busy school terms, family life can sometimes feel rushed. Summer offers a valuable opportunity to slow down. A relaxed breakfast together, a walk with grandparents, an evening conversation before bed, or a video call with relatives overseas can all help strengthen relationships and create lasting memories.

For many of our families, these connections happen across languages and cultures. Whether conversations take place in English, Chinese, or both, what children remember most is the feeling of being listened to, valued and loved.

## WAY 2: BE ACTIVE

Summer does not require organised sports camps or ambitious fitness goals.

Children simply benefit from moving their bodies and enjoying the freedom of play. A visit to the park, a family bike ride, a game of badminton, dancing in the living room, climbing, swimming, scootering, or even helping in the garden all count.

The aim is not performance; it is enjoyment. Movement helps children feel happier, sleep better and return to school refreshed and ready for learning.

## WAY 3: TAKE NOTICE

Children are naturally curious observers of the world, and holidays give us the chance to slow down enough to notice what they notice.

The colours of a market, the sound of rain, the smell of a favourite family meal, the shape of clouds, the insects in a garden, the view from a train window—these ordinary experiences often become the moments children remember most.

Time outdoors can be especially valuable. Nature has a remarkable ability to calm, inspire and restore both children and adults.

## WAY 4: KEEP LEARNING

Learning does not stop when the school year ends, but it certainly does not need to look like school.

Children learn through experience. They learn when they cook a new recipe, build something, play a card game, care for a plant, visit a museum, follow a map, help plan a journey or read a book with a family member.

# A Summer of Connection, Curiosity and Joy



Ms Joanne Dunphy  
Head of AISL Harrow Nanning

“ Children do not need a holiday packed with expensive experiences. What they need most are opportunities to feel secure, connected, curious and loved. ”

Children learn through experience. They learn when they cook a new recipe, build something, play a card game, care for a plant, visit a museum, follow a map, help plan a journey or read a book with a family member.

For families in our bilingual community, summer can also be a wonderful time for language to come alive naturally. A new English phrase learned during a family outing or a conversation about something genuinely interesting is often far more memorable than completing another worksheet.

## WAY 5: GIVE

One of the greatest gifts we can give children is the understanding that they can make a positive difference to the people around them.

This might mean helping set the table, supporting a younger sibling, writing a thank-you note, helping a neighbour, donating books or toys, or simply showing thoughtfulness in everyday interactions.

Acts of kindness help children develop empathy, confidence and a sense of belonging. They learn that they are not only recipients of care, but also capable of giving it.

## THE MOMENTS MATTER

One of the most reassuring things about the Five Ways to Wellbeing is that they often overlap naturally.

A family walk might combine connection, activity and an appreciation of nature. Cooking together might involve learning something new while also contributing to family life. A day spent with relatives may include conversation, movement, curiosity and kindness all at once.

There is no need to create a perfect summer or fill every day with activities.

Children do not need a holiday packed with expensive experiences. What they need most are opportunities to feel secure, connected, curious and loved.

As a school, we know that children thrive best when schools and families work together. The care, encouragement and everyday moments you provide at home are enormously important.

They help children build the confidence, resilience and wellbeing that support both happiness and learning.

Thank you, as always, for your partnership, support and trust throughout the year. I wish you and your family a joyful, restorative and memorable summer holiday.

## RESEARCH AND FURTHER READING

My article draws on the Five Ways to Wellbeing framework developed by the New Economics Foundation, based on research from the UK Government’s Foresight Project on Mental Capital and Wellbeing. It is also informed by guidance from the NHS, Public Health England and wider research into children’s wellbeing, physical activity, family relationships, learning and social connection.

Together, this body of research highlights the importance of connection, activity, awareness, curiosity and kindness in helping children and young people flourish.

## ❖ Five Ways to Wellbeing by Phase ❖

Five Way	Early Years	Primary	Secondary
<b>Connect</b>	Look through family photos; send a voice message to grandparents; share a bedtime “best moment”	Board game night; cook one family dish together; interview an older relative	Plan one real check-in with a friend or relative; help lead a family meal conversation
<b>Be Active</b>	Playground play; dancing to songs; scooter or balance-bike time; indoor obstacle course	Park scavenger walk; badminton; skipping; active chores	Brisk walk, basketball, bike ride, workout video, active travel on outings
<b>Take Notice</b>	Find three colors outdoors; listen for birds, traffic, rain, or cooking sounds; smell herbs or fruit	Keep a simple holiday photo journal; draw one thing you noticed; mindful snack tasting	Try a 10-minute phone-free observation walk; journal what changed your mood; notice body signals before stress rises
<b>Keep Learning</b>	Learn two new words; try pouring, folding, mixing, planting, or simple craft skills	Learn a recipe, map route, card game, origami model, or mini science activity	Learn to budget for an outing, edit a short video, follow a recipe independently, or read/listen to one short English text and discuss it
<b>Give</b>	Help set the table; choose a toy or book to pass on; draw a thank-you picture	Write thank-you notes; help prepare or serve food; join a small neighborhood tidy-up with an adult	Tutor a younger sibling for 10 minutes; support a family errand; join a local service or kindness challenge where appropriate

# 充实一夏：

## 联结、好奇与愉悦

尊敬的各位家长：

每一个学年的落幕，都是一段珍贵的成长节点。此刻，我们共同见证孩子们满载收获、蜕变成长，也即将迎来一段休闲轻松、陪伴家人、探索新知的美好假期。

身为教育者，亦同为父母，我们由衷期盼每一位孩子都能拥有一段惬意美好的假期：珍藏温暖回忆、相伴挚爱家人、全然放松身心，以饱满崭新的状态，迎接下一学年的到来。

多项儿童身心健康研究表明，美好童年的核心底色，从来不在于精心铺排的繁复行程，而在于平凡日常的细碎瞬间。英国多项权威研究凝练出广为认可的五大身心健康滋养法则，提炼出五项科学、实用、助力青少年蓬勃成长的生活方式：

- 温情联结
- 活力运动
- 用心感知
- 持续探索
- 乐于奉献

这套法则最动人的内核，便是质朴纯粹：孩子的成长与丰盈，无需完美无瑕的假期、昂贵的体验项目，亦无需满满当当的行程。真正的身心健康，源于日常点滴的温暖体验，让孩子始终保有情感联结、求知好奇、自信底气与被爱安全感。

基于此，我愿结合这五大成长法则，与各位家长分享如何让孩子在暑期收获高质量的家庭成长时光。



Ms Joanne Dunphy  
Head of AISL Harrow Nanning

### 第一则：温情联结

当孩子与身边重要的人建立稳固的情感联结，便能向阳生长、从容前行。学期学业繁忙，家庭陪伴时常略显仓促，而悠长的暑期，正是我们放缓节奏、温情相伴的绝佳契机。

一顿松弛温馨的家庭早餐、一次陪伴祖辈的漫步、一段睡前的暖心闲谈、一场与远方亲友的视频相聚，都能沉淀为珍贵的亲情羁绊。在我校多元双语的校园氛围中，温情从不被语言局限。无论亲子交流使用英文、中文或是双语并用，孩子铭记于心的，永远是被倾听、被珍视、被深爱这份温暖的感受。

### 第二则：活力运动

暑期运动，无需依赖专业的体育训练营，也不必设定严苛的健身目标。真正有益的运动，是自在松弛、乐享其中的随性活动。

公园嬉戏、亲子骑行、庭院运动、居家舞蹈、戏水游泳、园艺劳作、户外奔跑，皆是优质的运动体验。运动的初衷从不是竞技与成绩，而是愉悦身心。适度且自在的肢体活动，能舒缓情绪、改善睡眠，让孩子在假期积蓄能量，返校后心态沉稳、元气满满。

### 第三则：用心感知

孩子天生拥有敏锐的感知力，而假期的松弛节奏，能让他们静下心来感受世间万物。市集的缤纷色彩、淅淅沥沥的雨声、家常菜的治愈香气、变幻多姿的云朵、庭院里的小虫飞鸟、窗外流转的风景，这些平凡细碎的瞬间，往往会成为孩子童年最深刻的美好记忆。

亲近自然的时光尤为珍贵。自然拥有治愈人心、启迪心智的力量，能让孩子与家长舒缓身心、治愈疲惫、重焕活力。

# 充实一夏：

## 联结、好奇与愉悦

### 第四则：持续探索

学年落幕，学习不止，但假期学习无需拘泥于课堂形式。生活处处皆课堂：尝试一道新菜式、动手手工制作、悉心养护绿植、探访博物馆、对照地图出行、规划短途旅程、亲子共读好书，都是沉浸式的成长学习。

对于我校双语学子而言，暑期是语言自然习得的黄金时期。在外出游玩、趣味闲谈中积累的英文表达，远比机械的习题练习更加深刻持久，助力孩子培育地道自然、受用终身的语言素养。

### 第五则：乐于奉献

我们能给予孩子最珍贵的成长礼物，便是让他们懂得：自己也能温暖他人、创造价值、传递美好。

主动摆放餐具、帮扶兄弟姐妹、手写感谢信、热心助力邻里、捐赠闲置书籍玩具、日常待人温柔谦和，这些细碎的善意举动，能滋养孩子的同理心、自信心与归属感。让孩子明白，自己不仅是被呵护的受益者，更是懂得感恩、乐于奉献的温暖个体。

### 细碎日常，滋养成长

五大身心健康法则，从来不是相互独立的准则，而是自然相融、贯穿日常的生活状态。一次亲子漫步，兼具温情联结、活力运动与自然感知；一场共同烹饪，融合新知探索与家庭奉献；一次亲友相聚，兼具闲谈相伴、趣味活动、好奇探索与善意温暖。

假期无需刻意追求完美，更不必将每日行程填满。孩子的成长，从不依赖昂贵的体验，最需要的是日复一日的安稳守护、温情陪伴、求知氛围与满心宠爱。

孩子的茁壮成长，永远离不开家校同心、双向奔赴。家长在家中给予的每份用心陪伴、温柔鼓



Ms Joanne Dunphy  
Head of AISL Harrow Nanning

“

假期无需刻意追求完美，更不必将每日行程填满。孩子的成长，从不依赖昂贵的体验，最需要的是日复一日的安稳守护、温情陪伴、求知氛围与满心宠爱。

励，都在悄然塑造孩子的自信、韧性与正向心态，为其学业精进、人格成长筑牢根基。

崭新的暑期已然开启，愿每个家庭都能尽享闲暇时光，在松弛、欢笑、探索与相伴中，收获专属的美好与温暖。衷心感谢各位家长一学年以来的信任、支持与携手相伴。祝愿阖家喜乐，盛夏安然，度过一段治愈美好、值得珍藏的假期时光。

### 研究依据

本文内容基于英国新经济基金会发布的《五大身心健康法则》，依托英国政府心理健康与福祉前瞻项目研究成果，同时参考英国国家医疗服务体系、英国公共卫生部官方指导准则，结合儿童身心健康、体能发展、家庭关系、非正式暑期学习与社交联结的权威学术研究整理而成。

## 五大身心健康学段指南

五大准则	幼儿园阶段	小学阶段	中学阶段
温情联结	翻阅家庭老照片；给祖辈发送语音留言；睡前分享当日最开心的小事	桌游之夜；全家协作烹制一道家常菜；采访家中长辈，记录过往故事	固定和亲友深度谈心；协助主持一次家庭聚餐交流
活力运动	户外游乐场玩耍；跟着乐曲跳舞；滑平衡车；室内搭建障碍赛道闯关	公园定向寻宝徒步；羽毛球、跳绳；参与力所能及的家务劳作	快走、篮球、骑行；居家健身视频锻炼；外出优先选择步行等出行方式
用心感知	在户外寻找三种不同颜色；聆听鸟鸣、车流、雨声、烹饪声响；闻嗅香草与瓜果香气	简易假期相片手账；随手画下发现的新奇事物；沉浸式品鉴小食	快走、篮球、骑行；居家健身视频锻炼；外出优先选择步行等出行方式
持续探索	学习两个新词汇；练习倾倒、折叠、搅拌、栽种或简易手工	学习一道菜谱、规划出行路线；桌游、折纸手工、小型趣味科学实验	学习短途出行预算规划；剪辑短视频；独立完成菜谱烹饪；精读短篇英文并开展家庭讨论
乐于奉献	帮忙摆放餐具；挑选闲置玩具 / 绘本捐赠；手绘感谢贺卡	手写感谢信；协助备餐上菜；在家长陪同下参与社区环境整理	辅导弟妹 10 分钟课业；协助处理家事；在合适前提下参与本地公益与善意挑战活动