

Wellbeing Week 2022

We celebrated Wellbeing Week from 16th to 20th May 2022. This year, we used the theme of '5 Ways to Wellbeing' as our focus. The children completed activities based on these 5 areas.



It was a very busy week. Here is a little taster of what we all got up to.

YR made mindfulness bunting for the classroom and discussed things/people/pets they were grateful for. The children also completed a teddy bear meditation, concentrating on their breathing. They also discussed 5 wishes they would have to make the world a happier place.

During the week, Y1 took part in lots of different team building games both outside and in the hall. They had two yoga sessions, which the children really enjoyed and were able to explain how it made them feel calmer afterwards. They spent time out on the field with clipboards thinking about what they could feel, hear, see, touch and smell. Whilst outside, they also did some cloud watching.

Y2 had a very busy week. They made jars of joy where the children wrote about and drew examples of things that make them feel happy. They paid compliments to their classmates and made and exchanged friendship bracelets and bookmarks. They also got active and did an Oti Mabusse dance routine for physical well-being and for fun.

Y3 talked about things that worry them and we discussed different strategies to overcome feelings of anxiety or sadness. They then made their own wellbeing jars to take home. Each child was also given a 'Worry Worm' to take home and use.

Y4 had a lot of fun learning to do new things. They cooked chapattis and did some gardening. They made 3D boxes to put their 'Magic Box' poems in to take home. They also made some mindfulness colouring paper chains for the Queen's Jubilee celebrations. They enjoyed using the parachute to play games.

Y5 made cards of kindness for one another and tried to 'catch' people being kind. They talked about turning negative thoughts into positive ones and enjoyed mindfulness drawings and colouring.

Y6 made cards for one other to compliment their classmates, passing on positive messages. They also had a Spanish themed day organised by Laura, Evie and a group of her classmates.

Lunchtime Activities

Our Anti-bullying Ambassadors (ABAs) from Years 3 to 6 ran lunchtime activities daily for all of the children based on the 5 Ways to Wellbeing.

Monday- Y3 ABAs ran a mindfulness colouring session (Take Notice)

Tuesday- Y3 ABAs ran an origami workshop (Keep Learning)

Wednesday- Y4 ABAs ran a session using chalks to write positive messages (Give)

Thursday- Y5 ABAs ran an obstacle course activity (Be Active)

Friday- Unfortunately, awful weather prevented our Y6 ABAs from running their Scavenger Hunt (Connect). This has now been rescheduled for Friday 27th May.

I would like to take this opportunity to thank all of our ABAs for giving up their lunchtimes to help with this. They all did an amazing job.

On Friday 20th May, the children (and staff) had a non-uniform day. Everyone was encouraged to wear colours that made them happy. It was a wonderful sight to see. Our governor with a responsibility for wellbeing, Mrs Kerry Petts, visited us to see what we have all been up to.

The pupils all completed a Wellbeing questionnaire and Mrs Cottenden is working through these at the moment. One of the questions was what we can do to make the school a happier place to be. Suggestions have included more lunchtime activities to encourage mindfulness, more play equipment and more plants and flowers around the school grounds. We look forward to putting into action some of the things that the children have raised.

Wellbeing Week is not the only time we focus on teaching the children about mental health and wellbeing. It is an integral part of our PSHE teaching too which continues throughout the year. Other subjects also give us an opportunity to focus on areas such as empathy, sharing opinions, respect and diversity.

We have recently updated our school website page on Pupil Wellbeing to include helpful links for parents to support children's mental health and wellbeing. We hope you find the information there useful. If you are concerned about your child's wellbeing, please do come and talk to someone in school. We have a large Wellbeing Team that are well placed to support children in school and who will be able to signpost you to outside services and charities who will also be able to provide support and advice.

We have also written a Mental Health and Wellbeing Policy which is available to view on our school website under 'pupil wellbeing'. This has now been ratified by the governors.

Our Wellbeing Team:

Mr Way (Headteacher)

Mrs Cottenden (Senior Mental Health Lead/ Youth Mental Health First Aider)

Laura Jakob (FLO/Youth Mental Health First Aider)

Kay Lewis (SENCo)

Miss Holness (EYFS and KS1 Lead)

Mrs Munro (KS2 Lead)

