



Hello welcome to our very first monthly Wellbeing newsletter written by the children at Stanley Crook Primary School

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Wellbeing Newsletter

May 2021



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Here are a few messages from the Apple's Friends Team!

This month we have really enjoyed making helping handprints and displayed them outside our classroom.

We thought of all the different people who can support us during difficult situations and wrote their names on each finger.

Team Cowell designed coping toolboxes full of strategies to use during difficult times.



Therapeutic Storywriting Groups



The Story writing Team particularly enjoy the emotion ladder part of the session where we can discuss how we are feeling and listen to others' suggestions on how to make ourselves feel better.

"Writing stories helps us to talk about different feelings." (Pearl YR5)



Getting Along

Getting Along enables students to become more effective at problem solving as they encounter the social challenges that are part of their developing years.

In Getting Along we have been looking at 'What Can I Do When I'm Feeling Worried?'

We talked about how we all feel worried at times and that it's okay to feel like that. We thought about ways to overcome our worries to help us feel OK each day. We listened to the story 'A Huge Bag of Worries', a book encouraging children to open up about their worries/anxieties to help manage their feelings. Our activity was to make a Worry Monster - writing a worry inside the monster's mouth and closing his mouth so he could eat our worries!

James - Year 2

"It helped me because if I'm worried about anything I know I can tell a trusted adult or take some deep breaths."

Meet our Wellbeing Champions - positive role models to support others' wellbeing through proactively interacting and identifying those pupils who may need extra support.



Wellbeing Wednesdays

Every Wednesday in school we enjoy 'Wellbeing Wednesday' which provides us with opportunities to bring awareness of the importance of mental health in schools. We cover a variety of different topics e.g. conflict, friendships, worries and positive thinking. Some weeks we complete role-play activities. It is soooo much fun!!!!



WELLBEING TEAM





Five ways to wellbeing

What we think helps our wellbeing at Stanley Crook Primary

Talking and communicating with friends and teachers. Is very important!

Forest School activities

We can practice our teamwork and problem solving skills through fun learning.

"I felt very proud of myself for achieving the Blackberry Award! Seeing the wood was great fun!" (Jacob Yr3)

Learning outside in our **New Science area** is great.

Sometimes we use this area for Apple's Friends and Getting Along sessions. It has a great, little pond!

P.E-

"I am really enjoying athletics at the minute especially the jumping skills we have learnt." (Daniel & Dale YR6)

"The intra school Tri-golf Festival was amazing, we learnt so many new skills and everyone wanted to play more and more." (Jorja YR 3)

On Friday afternoons every team has a chance to

discuss their views about the week, during **PUPIL VOICE** time. We talk to school councillors about what we have enjoyed and what we would like to change in school.

"I think everyone in class enjoys listening to others ideas! Mr C we have some fab ideas and would like more Chrome books please." (School Councillor - Danny YR4)



Mental Health Awareness Week 2021

Every team got involved in MHAW and had the opportunity to discuss the importance of nature on our mental health. We spent time outside listening to nature and talking about how it made us feel. We designed posters to encourage others to use nature in their everyday lives to help support their mental health. Having time outside in the science area **was great!!**

Below Team Morpurgo designing their posters.



REMEMBER, IT'S OK NOT TO BE OK -JUST ASK FOR HELP!!!

**Coming soon to Stanley Crook Primary School
The Worry Wizard!! September 2021**

The Worry Wizard

Helping children & young people to move...



...from Worries to Wellbeing.



Next issue 30th June 2021