



Wellbeing Newsletter

Special Edition— July 2021



Starting Secondary School

FIVE WAYS TO WELLBEING

 Give Your time, your words, your presence	 BE ACTIVE DO WHAT YOU CAN, ENJOY WHAT YOU DO, MOVE YOUR MOOD	 KEEP LEARNING EMBRACE NEW EXPERIENCES, SEE OPPORTUNITIES, SURPRISE YOURSELF	 CONNECT TALK & LISTEN, BE THERE, FEEL CONNECTED	 TAKE NOTICE REMEMBER THE SIMPLE THINGS THAT GIVE YOU JOY
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Yr 6

REMEMBER

- YOU ARE ALL AMAZING!
- FOLLOW YOUR DREAMS!
- BE POSITIVE!
- ENJOY!
- BE KIND TO YOURSELVES!
- IT'S OK TO ASK FOR HELP!



This week we say goodbye to Stanley Crook Primary School! From all Yr 6 at Stanley Crook Primary we continue our journey to secondary school. We have had a fantastic week so far, celebrating with several parties, reminiscing on past memories and watching the lovely, tearful leaver's assembly. We all look so young! Stanley Crook Primary has helped shape us to be the people we are today- we are going to miss everyone so much! Don't worry we will visit when we can.

" Thank you to all the teachers, they have all been amazing!"

Aaron Yr6

" I am going to miss everyone so much!" Emily Yr 6



Builds Confidence	The Power of Positive Self-Talk	
Improves Attitude	Promotes Self-Love	Helps Cope with Stress
Allows for Taking Risks	Encourages Motivation	Helps Work Through Challenges



TRANSITION AT STANLEY CROOK PRIMARY SCHOOL



HAVE A GO!!

Emotional and Mental Health

w d e m o t i o n s n
 e e t a t i d e m h l
 l o u n l l x i t t y
 l p p x r o t w o r l
 b m x i l o w m o o d
 e a t e y i o p e p a
 i b a t l l s i o p e
 n n i y o s n m e u l
 g e s i c u p p t s r
 d e p r e s s i o n s
 c o u n s e l l i n g

depression support
 anxiety wellbeing
 low mood emotions
 counselling meditate



TEAM DAHL-As part of Sports Day we looked at 'How to be a Good Sport?' and the meaning of sportsmanship. We talked about how a 'sore loser' behaves and feels. We also talked about what does being a good sport mean and how does a good sport feel.

" I loved sports day, the javelin was so much fun!"

Holly Yr2

Team Cowell- We have reflected on the past school year in Team Cowell. We thought about all the special moments we have enjoyed and shared as a class. In groups we designed T-shirts—it was really fun, we chatted and chatted!

"I enjoyed writing about the 'Iron Man' and drawing his picture." Savannah Yr3

"I liked role play activities in Apple Friends!" Poppy Yr3



There is always **something** TO BE **thankful for**

Research shows that deliberately focusing on the good things in our lives - practising gratitude - can improve our wellbeing. It's easy to give in to our natural negativity bias as our brains strive to protect us from harm, but we can counter that by deliberately focusing on what's good, even during challenging times.

- At the end of each day, write down three good things about the day, no matter how small (a rainbow in the sky, another day without symptoms, a funny joke you heard...it's amazing what you'll notice when you pay attention!).
- Share at least one positive story with other people each day.
- Say 'thank you' for all the little things others do for you and mean it.

Parent comments:

"Yet again Stanley Crook has excelled and impressed. Mrs Shields has gone above and beyond basing their 'Getting Along' session around families. This shows me not only does your staff excel in the academic support but in the emotional and behavioural side as well."

"This is excellent, do the children see a copy in school? "

"The Passport programme sounds very interesting - look forward to hearing about it in September for the older kids!"

" *thank you for your support!* "

Coming Soon!



The Zones of Regulation

BLUE Zone	GREEN Zone	YELLOW Zone	RED Zone
Sad Sick Tired Bored Moving slowly	Happy Calm Feeling OK Focused Ready to learn	Stressed Frustrated Worried Silly/Wiggly Excited Afraid	Mad Mean Terrified Yelling/Hitting Panicked Enraged
<i>Low state of alertness</i>	<i>I'm in control of myself</i>	<i>I'm partly in control</i>	<i>I'm out of control</i>

