



STANLEY CROOK PRIMARY SCHOOL
SEPTEMBER 2021



WELLBEING NEWSLETTER



P.E

Over the past few weeks we have participated in a Handball Festival in school with other local schools and every Wednesday are competing in a Tag Rugby League held at school. We enjoy practising our skills with Education Enterprise and working as a team to win! Our football league is starting soon, we can't wait!

"I was so pleased I scored a try!" Pearl YR6



The Worry Wizard

Every Friday we have fun sessions with 'The Worry Wizard' from Bigfoot Arts Education. We have talked about our worries and how important it is to share them to make us feel better and improve our wellbeing.

"I like how we talk about how we feel and really enjoyed it when we played the hotdog game" James Yr3



It's Competition time!



A huge **thank you** to our Mental Health & Wellbeing Governor, Mrs Hunter, for awarding T.E.A.M Stanley Crook with a £100 Amazon voucher. We have decided to spend the money on a selection of Wellbeing books for KS1 and KS2! Thank you!



Look out on Class Dojo!!



Grab a Grown-up Programme

"It was really good. The children had a great time and we all had a good laugh" Kelly

"It was great fun!" Vicky

Year 2 children and their parents have really enjoyed participating in this programme which encourages everyone to look at healthy lifestyles, supporting a healthy diet and promoting a positive mental health!

"I really enjoyed playing football elephants with my mam" Lola Year 2

"Corners was really fun, my mam was out first" Ruby Year 2



WELLBEING

What is Mindfulness & how to do it!

ZEN DEN
Mindfulness for kids

At Stanley Crook we absolutely love a mindfulness ZEN DEN!! It helps us to relax and feel calm. Some of the positives of a mindfulness ZEN DEN are:

- Build self-esteem
- Manage stress
- Calming ideas

We would love to **see photos** of you and your child enjoying a fun ZEN DEN!

6 POSITIVE HABITS CHILDREN CAN PRACTICE

- Try to find time to talk and connect with a friend
- Try to share how you are feeling with someone you feel comfortable talking to
- Try to think of a way you can help someone else each day
- Try to set yourself goals and commit to working towards them
- Try to eat healthy food and drink lots of water
- Try to do a physical activity outdoors every day

We talk about our feelings during pupil voice time with our School Councillors.

Our school lunches are full of delicious fruits and vegetables

"I love chicken and vegetables" Edward Reception

We enjoy many physical activities in school like fun P.E., Super movers, Forest Schools, cosmic kids yoga and Go-Noodle.

During wellbeing Wednesday's we think of ways to help and support each other. We complete fun activities indoor and outdoor and especially enjoy working outside in our new Science area!!

If you're struggling today

Your mission for today

Focus on the next **24 hours**

Make a **to-do** list for today

Add in **self-care**

Don't be too hard on yourself

A reminder that it gets **better** and everything will be okay.

You are so **loved**, even when it feels like you aren't.

BlessingManifesting

This unicorn **believes you can do the thing** even if it's hard, scary, or uncomfortable.

(hearts & love for you)

RAINBOW BREATH

Our favourite Go-Noodles include:

- Banana Banana Meatball
- Get your Money right
- Mood walk

It is a great way to get moving, to discuss growth mindset and to practice calming strategies.

Send us your videos of you and your child having fun with **Go-Noodle!**

Outdoor Activities for Mindfulness

www.thepathwaystosuccess.com

- Gardening
- Taking a Walk
- Blowing Bubbles
- Watching Wildlife
- Watching Clouds
- Going on a Scavenger Hunt
- Mindful Breathing
- Drawing with Sidewalk Chalk
- Reading Under a Tree
- Walking Barefoot

Wellbeing support

It's okay, not to be okay



Every Mind Matters <https://www.internetmatters.org/resources/> - simple and practical advice to support your mental health and wellbeing, including advice on looking after children and young people

- <https://www.youngminds.org.uk>

If you are worried that someone you know is suicidal, including your child, **Samaritans** provides advice on how you can support others

- <https://www.samaritans.org/how-we-can-help/contact-samaritan/>

FIRST CONTACT -

03000 267 979 If you have a concern about a child or young person's welfare who lives in County Durham, call First Contact on 03000 267 979. First Contact brings together Children's Services staff with partners such as Durham Constabulary and health services.



NEXT ISSUE 20th OCTOBER 2021