

WELLBEING

World Mental Health Day



MR

Issue: October 2021

My 3 wishes would be- To make everyone happy, to make the homeless live in a home and to have a wish everyday."
Emily Yr4



World Mental Health Day 2021 We enjoyed designing our own Mental Health T-shirts and learnt some amazing ways to boost our own wellbeing!

"I enjoyed making the T-shirt. I put a rainbow on it and Mr Shaun picked me as the winner! I really like my new book!" Joe- Reception



Wizard

"When I have worries I go swimming and read when I go to bed. I think about my family." Thomas Yr 1

"Be active with our worries and put them in your active pants." Evan Yr 4

"I know that if I do have worries there is someone to help." Willow Yr 4

"Worries can be really big, but a problem shared is a problem halved." Luke Yr 5



Worry



BE KIND
BE THANKFUL
 Be awesome today
BETHE BEST VERSION OFYOU!
LEARNING • NEVER STOP
 YOUR MISTAKES *don't define you*
TRAVEL WHEN POSSIBLE
SMILE OFTEN
 Chase your dream
ALWAYSLOVE
HAVE JOY

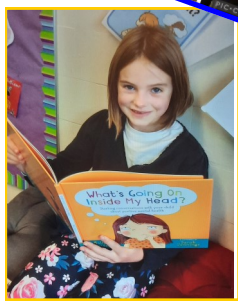


Happy Half Term

Reading Well for Mental Health

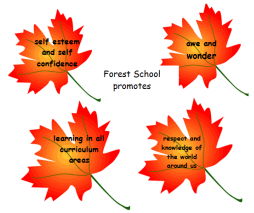


We absolutely love our new reading areas in school! We read a range of texts and share our favourite parts as we sit on the comfy bean bags. Some books focus on keeping us healthy, explain how we are all different and how we can promote positive wellbeing through mindfulness activities and keeping active!



"I love to read my favourite book sat on a bean bag and relaxing." William Yr 3

"We share what we like about our books in the new reading area. I like to sit on the new bench!" Jenson Yr 4



Outdoor Learning



Wow! It looks like Team Dahl have enjoyed working outside in Stanley Crook's Forest School garden this half term. They have focused on team building skills and worked safely to carve pumpkins using a range of tools. Well done Team Dahl!

"The best part was making my magic wand it was so sparkly." Robyn Yr2

"We worked in groups to carve the pumpkin." Preston Yr2

Team Donaldson have practiced rope tying and designing obstacle courses.

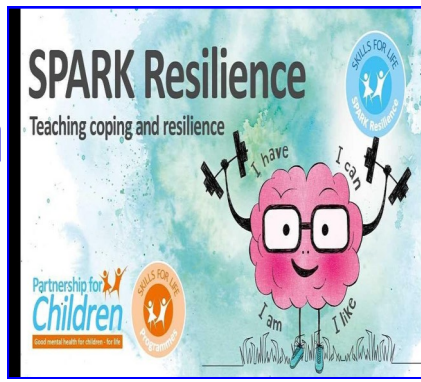
Well done Team Donaldson!

The Wellbeing TEAM are so proud of you!!!



Coming Soon!

Team Dahl are practising their skills in *Kurling and Boccia* and Team Stanley Crook start their season in the *Football League*. Good luck everyone!!



SPARK Resilience is a school based social emotional learning programme for 10 - 12 year olds at the end of primary school or beginning of secondary school.

The programme draws on mindfulness, positive psychology and cognitive behavioural therapy to give children skills to boost their strengths, control strong emotions and reframe habitual ways of thinking.



Stanley Crook's Football Team will commence their matches on the 3rd November. Wish us luck!!

NEXT ISSUE 24th November 2021