



STANLEY CROOK PRIMARY SCHOOL
APRIL 2022



WELLBEING NEWSLETTER



Five Ways to Wellbeing



LET'S TALK ABOUT RELATIONSHIPS

Who do you have a great relationship with?
Is it a friend, family member, teacher?
Could you draw a picture, or write a story, telling us what makes your relationship with them so positive?

Arts education organisation **Changing Relations** are running a competition, asking young people across County Durham for their art.

This competition will be judged in three separate categories:
ages 3-6, ages 7-11 and ages 12-18.

Deadline Tuesday 26th April

Prizes in total worth £250 for 1st, 2nd, 3rd places in each category. The overall winner will receive a £100 voucher for their school or organisation.

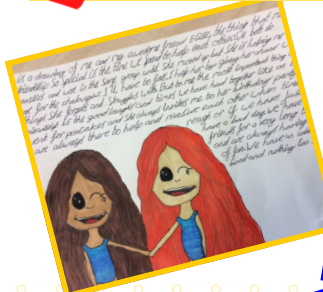
Selected entries will be printed in a zine and exhibited alongside work from commissioned artists as part of Durham's Summer in the City festival.

For more information and how to enter, visit: www.changingrelations.co.uk/competition

Competition

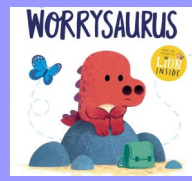
Well done to everyone who submitted entries into 'LET'S TALK ABOUT RELATIONSHIPS.' Competition.

Some examples of the fantastic artwork and creative designs can be seen below. Some of us wrote wonderful stories about positive relationships.



Book Recommendation

A lovely rhyming picture book for the early years. This book helps young children identify and overcome their worries through the story of an anxious little dinosaur, who plans a picnic but then starts to fret about everything that could go wrong.



Reading in Team Donaldson

In Team Morpurgo, we asked if we could read with children in Team Donaldson during golden time. It was a great opportunity for us to read in small groups and enjoy some fabulous discussions about the books.

"I really enjoyed reading in Team Donaldson, they ask lots of questions!!"

Molly Year 6

Good luck Message from the Wellbeing Champions

We would like to wish children in year 2 and year 6 who are completing their SATS next month the best of luck. You will all be amazing, have a positive attitude and you can achieve anything!

GOOD LUCK!

T.E.A.M Stanley Crook have enjoyed joining many after school clubs this week including Multi skills provided by Education Enterprise, football, Spanish and Martial Arts.

"I enjoyed playing football against Mr Christie"

Megan Year 3

Look out on Class Dojo!!

Mental Health Awareness Week!

Mental Health Awareness Week
9-15 May 2022
Theme is Loneliness





WELLBEING

'Feeling Positive' Poster attached to this newsletter is a beautiful positive thinking poster. It is full of gentle affirmations that will remind children about the importance of a growth mind-set, self-worth and kindness towards others. Put it on the fridge and share it daily!



	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
Meaningful May 2022	1 Do something kind for someone you really care about	2 Focus on what you can do rather than what you can't do	3 Take a step towards an important goal however small	4 Send your friend a photo from a time you enjoyed together	5 Let someone show how much they respect you and why	6 Look for people doing good and reasons to be cheerful	7 Make a list of what matters most to you and why	
	8 Set yourself a kindness mission to help others today	9 What values are important to you? Find ways to live them today	10 Be grateful for the little things, even in difficult times	11 Look around for things that bring you a sense of awe and wonder	12 Listen to a favourite piece of music and remember what it means to you	13 Find out about the values or traditions of another culture	14 Get outside and notice the beauty in nature	
	15 Do something to contribute to your local community	16 Show your gratitude to people who are helping to make things better	17 Find a way to make things you do today meaningful	18 Send a handwritten note to someone you care about	19 Reflect on what makes you feel valued and purposeful	20 Show photos of 3 things you find meaningful or memorable	21 Look up at the sky. Remember we are all part of something bigger.	
	22 Find a way to help a project or charity you care about	23 Recall three things you've done that you are proud of	24 Make choices that have a positive impact for others today	25 Ask someone else what matters most to them and why	26 Remember an event in your life that was really meaningful for others	27 Focus on how your actions make a difference	28 Do something special and revisit it in your memory tonight	
	29 Today do something to care for the natural world	30 Share a quote you find inspiring to give others a boost	31 Find three reasons to be hopeful about the future					



IF YOU see SOMEONE WITHOUT a smile give THEM ONE OF yours!

Challenge Time - How many can you complete next



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 MAY 2022