



Wellbeing Newsletter



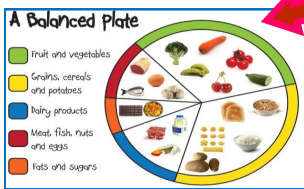
Look at our Healthy School lunches

Our school meals are currently provided by Taylor Shaw and cost £2.20 per day from 4th April 2022. Our menu offers a choice from 3 main courses and 2 desserts per day and each meal is developed to ensure that the right amount of protein, carbohydrate, fruit and vegetables are available each day. There is a limit on the fat, salt and sugar content in each meal and confectionery and artificially-sweetened drinks are avoided.



Eating food containing important nutrients helps children grow, and is essential for children's mental and physical development. By giving your child a balanced **diet, you are ensuring that they are getting a balanced diet.** We have included a plate with a balanced plate for some ideas. As a general guide, children should eat lots of fruit and vegetables, wholegrains, lean meat and fish and also nuts and seeds. We have included a copy of our packed lunch policy for you to check if they are healthy.

<https://www.stanleycrook.ceramics.com/children-and-young-people-aged-5-to-18-should-75/2022/01/Packed-Lunch-Policy.pdf>

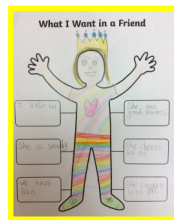


Zippy's Friends- Children have focused on relationships over the past few weeks and discussed what makes a good relationship.

What is a healthy relationship? How can we show we care?

How can we maintain good friendships?

Over the past few weeks Team Cowell have thought about what makes a good friend and how they can build positive relationships by showing others respect, listening and showing that they care. They also thought about times when we feel a bit lonely or rejected when relationships occur problems.



The Big Walk and Wheel

I think everyone has enjoyed coming to school on their bikes and scooters over the past couple of weeks. Some children from Team Morpurgo have run to school with friends and enjoyed scooting with members of their family.

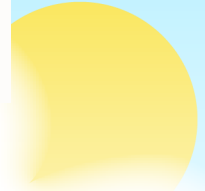
Mrs Graham is really impressed with our efforts, keep going everyone!



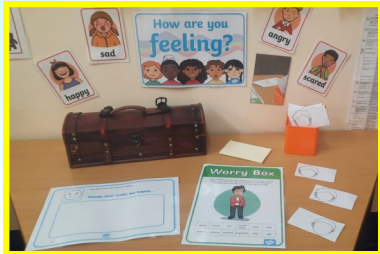
Core strength

We love P.E at Stanley Crook





Worry Box



If we are feeling worried about something we can pop a message in the box and an adult will read it throughout the day.

"I like to write my worries down on the sticky notes" Harry Year 3

"So when you have something wrong you can write a note and we can talk about it" Amber Year 3



Easter Activities

SCHOOL HOLIDAY ACTIVITIES - CRAFT

TUESDAY, 12TH APR 2022
2:00 PM

Holiday Activities

spectrum
LEISURE & COMMUNITY

Come along to our craft session during the school holidays.

The session starts at 2pm and ends at 4pm. Food is included.

Booking is essential as places are strictly limited. Please message us through FB messenger or reception on 01904 7000.

EASTER HOLIDAY CAMP

MON 11TH TUE 12TH WED 13TH APRIL

WED 20TH THUR 21ST FRI 22ND APRIL

1 DAY £15, 2 DAYS £28, 3 DAYS £40, 4 DAYS £50, 5 DAYS £60, 6 DAYS £70

PLAYERS TO BRING PACKED LUNCH, CLOTHING SUITABLE FOR OUTDOOR FOOTBALL ON GRASS

IN PARTNERSHIP WITH MIDDLESBROUGH FOOTBALL CLUB
PLAY, ENJOY, DEVELOP

BISHOP AUCKLAND ST MARY'S 9AM-5PM. DROP OFF FROM 8:50



Wow, wow wow!! Team Dahl we have loved your fantastic artwork in the style of Mark Rothko– it looks like so much fun!

Absolute superstars!

"I got inspired by mixing colours!" Robyn Year 2

"I liked using squares and rectangles in my artwork!" Lola Year 2



TEAM Stanley are participating in a competition organised by Arts Education. The theme is 'relationships' and who we have a great relationship with. Children are invited to use their imagination through art, story writing or designing a poster to show who they have a strong relationship with. The competition will be judged in three separate categories.

Closing date is 26th April 2022

Get creative and enjoy! Any work to be submitted can be sent to Mrs Kyle via class dojo.

Competition Time!

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.

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

Deadline: Tuesday 26th April

Durham University, Sander City, and Changing Relations logos.



Feeling anxious, stressed or low?
There's support in Stockport to help you

<p>If you want to talk</p> <p>Open Door 0800 138 7276 - Mental health helpline - 24 hours 7 days. Safe Haven drop in, open daily, 72-74 Prince's Street, SK1 1PL</p> <p>Emotional Wellbeing Hub 0161 217 6028 For anyone up to 25 years, parents and carers weekdays till 4.30pm</p> <p>Greater Manchester Bereavement Service 0161 983 0902 weekdays till 5pm</p> <p>Childline 0800 1111 736m - 3.30am every day</p> <p>Advice or help with financial difficulties, loneliness and getting food Council Coronavirus Helpline 0161 217 6046 or by text phone on 07850 022 876 weekdays till 4.30pm</p> <p>The Prevention Alliance 0161 474 1042 weekdays till 4.30pm</p>	<p>For Urgent Help</p> <p>Samaritans Phone 116 123 - 24 hours 7 days</p> <p>Hopeline 0800 068 4141 Suicide prevention service for young people 5am to midnight every day of the year (weekends and bank holidays included)</p> <p>Shout Text SHOUT to 85258 Chat with trained crisis volunteers by text message</p> <p>999 In a life-threatening emergency ring 999</p> <p>Help about drugs, alcohol, gambling</p> <p>START team 0161 474 3141 (weekdays) Free advice and support</p> <p>National Gambling Helpline 0800 8020 132 - 24 hours 7 days</p>
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Go online
For more help and advice, self-help resources and details about other local services visit www.stockport.gov.uk/wellbeingcoronavirus

STOCKPORT ONE STOCKPORT Clinical Commissioning Group



Happy Easter

