



Hello welcome to our monthly Wellbeing Newsletter,  
written by the children at Stanley Crook Primary School

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# Wellbeing Newsletter May 2022

## Mental Health

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### Yoga- Team Donaldson

This month Team Donaldson enjoyed a fun, and action packed Yoga session.

Beth is going to be running a yoga class at Stanley Crook Village Hall from 12th June at 10am. The price will be £3 per child and adults can join in with them. If you would like to attend these sessions you can contact us via class dojo or you can contact Beth direct on 07916107510.



### MHAW 9th-15th May 2022

During MHAW we focused on the theme of 'Loneliness' with each TEAM completing a range of activities. We thought it was extremely important to discuss this subject of loneliness and the importance of being kind to each other. Team Morpurgo took part in a discussion based activity relating to a scenario of a child who was feeling lonely and felt disconnected from his friends.

*"The diary entry of Liam was really sad and made me think of ways I could help someone feeling that way"* Jacob Year 5

### Queen Portraits

Team Morpurgo have produced wonderful portraits of the Queen. Art is known to lower stress levels and create a sense of calmness. Art can provide a distraction to everyday worries and problems in life.



### MENTAL HEALTH AWARENESS WEEK

9-15 May 2022

Theme is  
**LONELINESS**



**Wellbeing Champions update**-positive role models to support others' wellbeing through proactively interacting and identifying those pupils who may need extra support.

*"Lately, we've helped people on the yard solve some problems. Some problems we can handle ourselves, others are more complicated but we always talk to Mrs Kyle or another member of staff when it happens rather than feeling overwhelmed. We ask what has happened and think of ways in which we can help. We really enjoy helping other children"* Imogen Year 5

*"We always try to help solve any problems by telling a trusted adult"* Jacob Year 5

Comments from last week during **Pupil Voice** in Team Cowell

*"Can we raise money for children who don't have things like we do?"*

Nell Year 3

*"Can we have some monkey bars on the school field?"*

Robyn Year 3



WELLBEING TEAM



# Forest Schools

Benefits of Forest Schools are:

- Achieve personal and social development.
- Learning about the natural environment.
- Learning problem-solving skills.
- Building positive relationships.
- Improving communication skills.
- Encourages emotional wellbeing.
- Improves the capacity of learning.



This month, Team Donaldson and Team Dahl have explored our Forest Schools area, den building, climbing and creating some fantastic pieces of natural art. Well done!



This month, the Spark Resilience Programme has been delivered to children at our school to help build resilience, confidence and to help discuss ideas to overcome some of life's challenges. To find out more about the programme visit the website below.

<https://www.partnershipforchildren.org.uk/what-we-do/programmes-for-schools/spark-resilience.html>

*"Building resilience in children is not about making them tough. Resilience is the ability to recover from difficulties and manage how you feel."*  
www.asanyaykids.com.au



In June all children in Years 4/5/6 will have the opportunity to participate in a cycling training programme. This program helps us learn to cycle safely, gain independence and promote social interaction.

### Why is cycling good for us?

- Health**-It is good for our hearts and lungs  
It can increase our physical activity levels  
Cycling, rather than travelling in the car, can help lower air pollution
- Social**- we can spend time with friends  
Explore new places and environments

FIND OUT MORE!!!

<https://www.bikeability.org.uk/about-cycle-training/cycle-training-for-schools/tools-for-schools/>



## Mental Health support



The Samaritans can be contacted by phone or email and are there to listen 24/7

Call 116 123 from any phone or email [jo@samaritans.org](mailto:jo@samaritans.org)



The YoungMinds Crisis Messenger is a free 24/7 UK wide service if you are in crisis, text YM to 85258

Find out more at [youngminds.org.uk/contact-us](http://youngminds.org.uk/contact-us)



Calm run a helpline & webchat to support men who need to talk or find information  
It is open 5pm - midnight, every day  
Call 0800 58 58 58 nationwide or 0808 802 58 58 from London  
Or visit [www.thecalmzone.net/help/get-help/](http://www.thecalmzone.net/help/get-help/)



Free, confidential support for young via online, social and mobile.

Visit [www.themix.org.uk/get-support](http://www.themix.org.uk/get-support) to find out more