



Wellbeing Newsletter



Welcome to the second edition of our wellbeing newsletter. It feels like a blink of an eye, and suddenly 2024 draws to a close.

Our wellbeing ambassadors have been busy this half term. As part of our 'Anti bullying Week', the wellbeing ambassadors led an assembly on respect. The children prepared the material themselves and delivered the assembly to the whole school.

Throughout this term we have once again been focussing on the different aspects of our 5 ways to wellbeing. All children had an amazing opportunity to take part in a reflection room. A classroom was transformed and made into a beautiful reflective space. There were gentle lights, bubble tubes, sand trays, play dough and calming music, it really did become a beautiful space and a chance for children to take time and reflect. A special thank you to Emmanuel Church for running this and to all the volunteers that made this possible.



As part of our 'Connection and Giving' link, the wellbeing ambassadors made and sold friendship bands. The sale raised £60. All the money donated was given to a local charity 'MHA Communities - West London, Northwood.' This is an important charity that supports the elderly in our community. Angela Flux, the leader of MHA was thrilled to receive the amount, especially as it had come from the children's hard work. Thank you to everyone who purchased a friendship band.

Our year 6 children have also been working with MHA Communities. The children visit Northwood Methodist church every Monday to play games, sing and talk to the elderly community. We were also really pleased to welcome the group to our production of 'Peter Pan.' Having spoken to the children and to Angela Flux we know that this connection means a lot to both children and adults.

In class, the children have been thinking about kindness. Each child was asked to complete a kindness note and give this to someone. This small note hopefully made someone's day.

In the new year our ambassadors will commence on their training. We are looking forward to this, as we continue to support our classes in the 5 ways of wellbeing.

However you choose to recognise this festive season, we hope you and your families have a restful and relaxing time as we prepare to head into 2025!

The Wellbeing Team.

Please see below a list of useful websites:

<https://www.myfamilycoach.com/quick-read-mental-wellbeing-family-life-communication-spending-time-family/>

This is a free platform for schools and families for help and support. There are podcasts, videos, eBooks and quarterly online classes.

The resources and support cover a huge variety of topics and they are always adding more;

- Relationships
- Communication
- Mental wellbeing
- Friendships
- Bullying
- Calming down
- School life
- Healthy Living
- At risk behaviour
- Screen time.

This is available 24/7 and completely free. Simply visit the website and create an account.

There are so many things you can do to support good mental health: from movement, to spending time in nature, getting enough sleep, spending time doing things you love...and, our favourite, kindness!

<https://schoolofkindness.org/science-of-kindnes>

