

BEECROFT PRIMARY SCHOOL

WELLBEING NEWSLETTER



May 2019

Dear Parents,

Friday marks the beginning of the half term after a busy term!.

Parents' Adventure Playground Stay And Play- To Be Confirmed: The hillside beside the school hall now has a fantastic new range of equipment for children to use. Parents will be invited to come have a morning session 'testing out' the new equipment but due to some finishing touches still needing to be done, this needs to be confirmed after the half term break. Further notice will be sent out with dates and times.

Walk A Mile A Day: Beecroft Primary participate in the Walk A Mile A Day challenge to promote wellbeing through exercise. Each day children complete laps of the playground with their friends whilst getting some fresh air and exercise.

Wellbeing Day: Our next well-being day is on **Friday 24th May**. A full day will be planned which incorporates use of the field (weather permitting). Children will be focussing on resilience and confidence building as well as taking part in a range of activities that allow us to discuss healthy competition, losing and winning gracefully. **Children will need to come in PE kits for the day.**

The Day Includes: - yoga, football, drama, mindfulness, baking, art and gardening – just to name a few...

Fairtrade Snacks: Children will be able to purchase a fairtrade snack on Wellbeing Day. Snacks cost £1 for each packet of 2 biscuits.

Worry Box: Each class has a worry box – things to discuss if we are worried. Children are encouraged to discuss their worries with their parents and their teachers.

Suggestion Box: This is led by the school council on how we can improve our school. School council elections will be held in each class in the upcoming weeks.

The key to our school is constant discussion at individual, classroom and whole school level so that our pupils live in a culture of respect, support and friendliness to one another.

Our wellbeing governors are:

Mrs Pat Gradys (Vice-chair)

Mrs Sarah Lord (parent governor with a child in year 6)

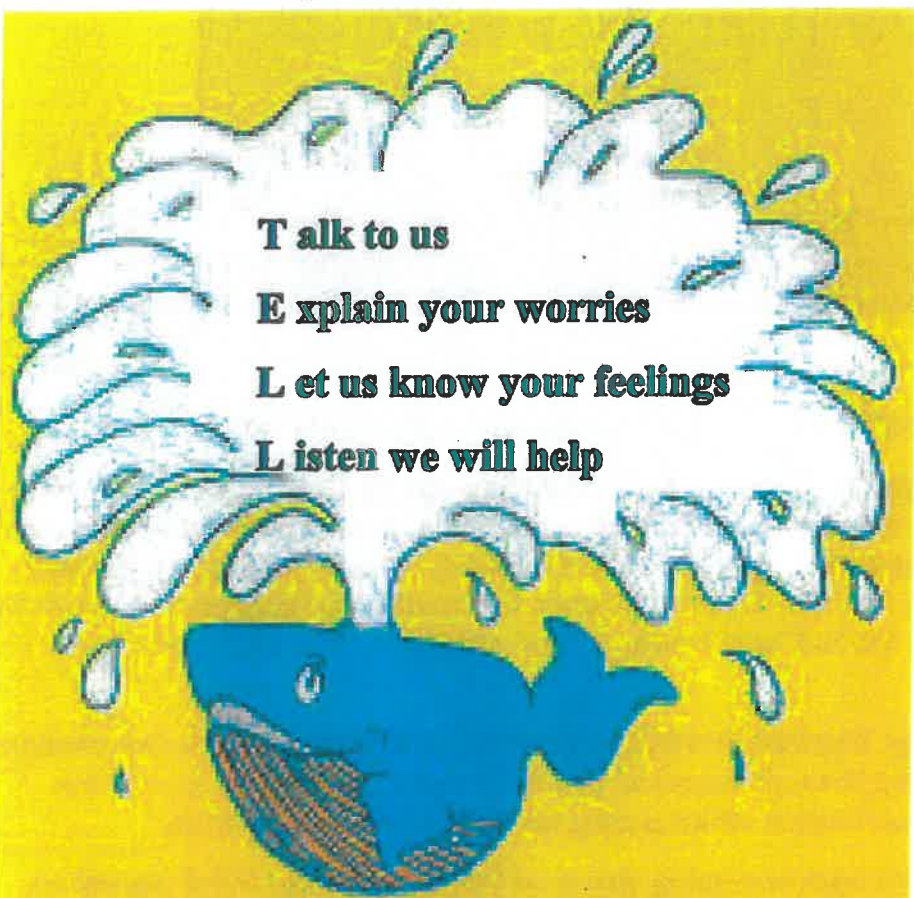
Mental Health Lead: Miss S Smyth

Thanks for your continued support.

Yours sincerely,

S.Smyth

Mental Health Lead



Talk to us
Explain your worries
Let us know your feelings
Listen we will help

Don't keep it inside
Talk to us
Talk to your parents

Miss Turner
Headteacher

Miss Brown
Child Protection Officer

Mrs Hulme
Learning Mentor