

ROCKMOUNT WELLBEING CLUB



Earlier this year, our school took part in an exciting project all about wellbeing! We joined forces with three other primary schools in Croydon to help support the mental health and happiness of our pupils. This special project was part of the Turing Scheme, which supports international learning experiences for young people.

To start, we created a 6-week Wellbeing Programme for some of our Year 4 children, based on the "5 Ways to Wellbeing". As part of this fantastic programme, the pupils then had the amazing opportunity to visit Sweden!

Read on to find out more about the project!

Week 1

During the first week of the club, the children explored the Edible garden. They learnt about different herbs and vegetables. They compared these to the vegetables and herbs in Sweden. They decided to plant potatoes and dill, because those were the two ingredients needed to make Swedish potato pancakes (Ragmuk) which was needed in week 4 of the club.

Week 2

In week 2, the children planted wildflower seeds and looked forward to monitoring their growth throughout the summer term. Additionally, each child planted their own spider plant, which they would take home and nurture. They talked about the importance of responsibility in caring for a plant and how to create the right environment for it to grow.

Week 3

This week, we began by researching popular Swedish foods. They learnt that meatballs are a popular dish in Sweden. So they made traditional Swedish meatballs, which were delicious. They shared some with the rest of the class. The experience not only allowed them to appreciate Swedish food culture but also gave them a hands-on opportunity to practise cooking and teamwork.



Week 4

From their research during week 3, they learnt that Swedish potato pancakes called Ragmunk were also a popular dish in Sweden. In the Learning Kitchen, they had a go at making them and sharing the pancakes with the rest of the class, allowing everyone to experience a taste of Swedish cuisine.

Week 5

In week 5, they studied the artist Andy Goldsworthy, exploring natural materials such as leaves, stones, and twigs. After learning about his techniques, they spent time in the school garden, 'being active' and carefully collecting natural resources. Using these materials, they created their own artwork inspired by Goldsworthy's style, arranging elements thoughtfully to reflect his use of patterns, textures, and balance.

Week 6

In the final week, they spent some time learning about Gabriella Alexa, a Swedish painter who drew inspiration from nature. After exploring her work, they took acrylic paint outside to the nature area, immersing themselves in the environment just as she does. They carefully painted their own pieces in her style. This experience allowed the children to connect with nature through art.

ROCKMOUNT GOES TO SWEDEN



A Day at Fridaskolan!

During their visit to Sweden, the children spent a wonderful day at Fridaskolan School. They had the chance to learn all about the Swedish curriculum, take part in traditional Swedish games, and even try some local sweets! It was a fun and enriching experience that gave them a real taste of life in a Swedish classroom.



Thrills at Liseberg Theme Park!

The children had an unforgettable day at Liseberg Theme Park, filled with excitement and adventure! They braved some of the park's scariest rides and enjoyed a day packed with fun, laughter and adrenaline.





The children spent time at the Universeum in Göteborg and entered into a world of interactive displays and immersive simulations. They went hiking in a nearby tabletop mountain surrounded by breathtaking views and natural beauty, learning about the unique landscape and Swedish native cultures.



This unforgettable journey to Sweden offered the children a rich and meaningful experience blending independence, science, nature, culture and excitement in a way that sparked curiosity, deepened understanding and inspired a lifelong love of learning and exploration.

