



19th October 2018

Dear Parents/Carers,

We were delighted to have such an exciting 'Wellbeing Week' in school during this half term. This was planned as part of our continued focus to promote positive mental health and wellbeing for all.



During our Wellbeing Week, all pupils had the opportunity to participate in a wide variety of activities. There was a whole school focus on the film, 'Inside Out', which was used to support lessons in which pupils were encouraged to explore different emotions. Each day the classes looked at one of the '5 Ways to Wellbeing'.



The children in Nursery enjoyed the benefits of using music to support relaxation whilst exploring their thoughts and feelings. In Reception, the children were introduced to Yoga by the **Children's Yoga Tree**. They learnt a few simple poses aimed at growing confidence and improving concentration.



Toya Walker, a parent and illustrator, kindly offered her skills and expertise to make a stop motion animation with year 1. They used 'Inside Out' as a stimulus to explore a range of emotions. Visit our Twitter or website to see the amazing film.

Minds On Art is a company who explore mindfulness through art and drama. They worked with year 2 and year 4 on various aspects of wellbeing. Our pupils were able to distinguish between physical and emotional feelings and the ways in which they express themselves. They were enlightened on the meanings of different emotions they experience and helped to understand some of the reasons why these happen and what self-calming actions they could take.

In year 3, the **JAM Team** worked with pupils to express themselves through movement and dance. They were able to learn several techniques to help them manage their behaviour and emotions when they may be faced with difficult situations.

CuesED returned to the pupils in year 5 to build on the skills and strategies they had been taught during the exciting project they had engaged in last year. They were reminded of methods such as handy breathing, stop, think, do, PEEP talk and check in, check out.



Our year 6 pupils had a fantastic session with the **Rap Therapy** team. Rap Therapy is a social enterprise using rap as a tool to teach and train young people to express themselves positively. One of their main aims is to give young people a creative outlet to improve communication and guide them on a positive path. Pupils were given the opportunity to create raps, based on fairy tales and performed them to the class in groups.

We are also developing our partnership with **Mindful Monsters** by using their new range of activity cards to support lessons. During Wellbeing Week, Mindful Monsters visited all classes and taught children a short mindful activity. They provided staff with resources to be used in circle time sessions. We look forward to our continued work with Mindful Monsters.



In addition to the activities taking place in classes, 15 of our cyclists participated in a mental and physical wellbeing cycle to encourage mindfulness. Pupils worked in pairs during lunchtime to complete a 'velodrome style circuit'.



Off The Record is a free, confidential support service for young people providing support in addressing life's challenges. Terry Crooke, from Off the Record, joined us in an assembly to talk to the children about distinguishing between physical and mental health. He discussed the importance of supporting each other even when we may not be able to see the physical signs.



Staff and pupils participated in the **Skip2Bfit** 2-minute challenge. These sessions were very entertaining and exciting for all who participated. A big 'well done' to Mr Karim for maintaining his unbeatable record!



Ian McDonald from the **Charlie Waller Memorial Trust**, joined us to talk to parents/ carers about Mental Health. The trust supports young people struggling with depression and other emotional problems. One of the main aims of the trust is to raise awareness on the issues of wellbeing and also reduce the stigma surrounding mental health. Parents/carers reported that they felt quite empowered with the information they gained from the session. A workshop for staff was very insightful as Ian highlighted many strategies we can use in school to support those pupils struggling with emotional challenges.



Our wellbeing work also recognises the importance of maintaining **staff wellbeing**. Staff were able to reflect on the breadth of initiatives they had participated in during the week and relaxed together over a special afternoon tea. It was a great opportunity for staff to spend some time together and share the success of wellbeing week.



World Mental Health Day - well done to everyone who dressed in yellow to support Young Minds. We were able to raise an astounding **£311.40**. Thank you to all!



As you may know, we are working towards the 'Wellbeing Award for Schools'. Your views and opinions are valuable to us and we are asking for your support in completing a parent survey to provide us with information to support the planning of our next steps. Please use the link attached to your email to complete the parent survey or copy and paste this link into your browser.



<https://app.awardplace.co.uk/stakeholder-evaluations/user-survey/5bc9cee859f56>

Our wellbeing week has been a great success and our school community has benefitted immensely. We would like to thank everyone who participated and supported us in this important initiative. We now look forward to developing our approach to ensure a healthy school and community with positive wellbeing..

Thank you,

Rockmount Wellbeing Team.

