

Wellbeing Update

March 2024



Northwick Park Primary & Nursery Academy

Children's Mental Health Week



This term, we participated in Children's Mental Health Week. Every year group enjoyed completing a variety of wellbeing activities across the week. These activities provided the children with additional time to reflect upon their own mental health and wellbeing. The children and staff also had the opportunity to express themselves through their choice of clothing for 'Dress to Express'.

In Reception we explored our feelings through the Colour Monster Story and the children are becoming more confident expressing how they feel. We also enjoyed listening to guided meditation stories on YouTube as a method of relaxation.

Year 2 talked about positive thinking and things you could say to yourself to make you feel better. We then made a 'cup of positivity' which we filled with sayings like 'you make me proud', 'you are amazing' and 'you can do hard things'.

Year 5 talked about managing our own emotions and how everyone's voice matters. They have made emoji squishy toys to help them when they feel stressed.

The children in Year 6 enjoyed the opportunity to unwind their minds with some games and by completing affirmation mats. They also had a lot of fun, and made a lot of mess, when making their own stress ball using balloons and flour.

In Year 1 we talked about how our voice matters, how by talking to someone about things that are worrying us can help and make things better. We then made peg worry dolls that the children all loved making and were able to take home.

Year 3 enjoyed discussing Children's Mental Health Week and we had interesting and meaningful conversations around feelings and our emotions. We made dream catchers to take home and enjoyed taking part in mindfulness sessions in the classroom.

In Year 4, we discussed the importance of acknowledging our feelings and being able to share with others. We also designed and created "Calm Me Jars" which the children thoroughly enjoyed making.

We hope you have a lovely Easter break.

Included are some offers that are available if you are planning on eating out.



KIDS EAT FREE

EASTER HOLIDAYS 2024 (OR FOR £1)

MORRISONS

Kids eat for free in Morrisons Cafes every day from 3pm when you spend over £4.50 on a adult's meal.

YO! SUSHI

Kids under 10 get a free bento box deal, plus a drink when an adult spends at least £10. Offer runs 25 March - 12 April 2024.

DOBBIES GARDEN CENTRE

Every day from noon, kids can eat from the Dobbies lunch or pick 'n' mix menu for free when an adult gets a main meal.

GORDON RAMSEY RESTAURANT

Kids under 8 can eat for free at Gordon Ramsey Restaurants when an adults eats from the à la carte menu.

BILL'S

Up to two children can eat for free at Bill's from 25 March - 12 April (exc Sat/Sun) when an adult orders a main dish.

ASDA

Kids eat for £1 with no minimum spend. Plus, they get a free piece of fruit such as and apple, pear or banana.

PAUSA CAFÉ at DUNELM

Spend £4 and get one free choice from the Kids Menu in Pausa Cafés on Monday to Friday after 3pm.

THE REAL GREEK

Children under 12 years can have a free meal (29 Mar-14 Apr), plus a drink and ice cream, when an adult spends over £10.

BEEFEATER

Get two free kids' breakfasts for those under 16s at Beefeater when you buy an unlimited adult breakfast.

TESCO

Kids eat for free, with a 60p minimum spend Monday to Friday in Tesco Cafes. Clubcard needed.

PRETO

Kids aged under 10 eat free from mid-day at Preto. Download a voucher from their site before you go.

TGI Fridays

Kids eat a free all day, every day, when an adult buys a main meal and presents their Stripes loyalty card.

SKINT DAD

Information correct at time of creation. See skintdaad.co.uk/kids-eat-free for more details or the individual company website for timings and any conditions.

