



# Wellbeing

Northwick Park Primary & Nursery

Academy

## Update

As you may be aware this year we are working towards achieving the Wellbeing Award for School (WAS). The surveys that parents, pupils and staff completed in December were analysed and the results have been used to form an action plan for the next 12 months. Each half term we will provide you with a wellbeing update to keep you informed of the progress we are making on our journey to achieving the award. This half term we will be appointing 'Wellbeing Warriors' from Years 3 to 6 to support pupils in class and on the playground. We will feature these 'warriors' in our next Wellbeing newsletter. From the beginning of March every classroom will have a worry monster or worry box for pupils, who may lack confidence, to share their concerns.

### Reception

Reception have enjoyed receiving so many 'Wow Moments' this term. It is really important to acknowledge such milestones and by sharing them with us it means we can celebrate and inspire others in our class.

### Year 1

We have circle time sessions so we talk about our feelings and how we can help ourselves and others to be kind and happy members of the school. We enjoy Cosmic Yoga sessions, where we get the opportunity to relax and concentrate on our own wellbeing in a calm environment.

### Year 2

In Year 2 we begin every afternoon with a relaxation activity. This helps us to relax and calm our minds so we are ready to learn.

### Year 3

In Year 3 we enjoy taking part in 'walk a mile' every week. We complete laps and try to improve on previous scores. Year 3 enjoy the fresh air and the chance to recharge.

### Year 4

In Year 4 we have 'Tuesday News Day' allowing us to discuss our feelings about current events. We also enjoy Fun Fridays, choosing our own fun activities to start the day.

### Year 5

During Children's Mental Health Week, Year 5 embraced the 'Find Your Brave' theme. We shared our brave experiences and discussed how it's okay to sometimes not feel brave and ask for support.

### Year 6

In a recent anti-bullying workshop the children discussed different forms of bullying and discovered why people bully. They now have strategies to prevent situations from occurring and discussed solutions to these problems.

### Staff

Many of the staff enjoyed their first 'Wake Up Wednesday' event. We joined together to have breakfast and a chat before starting work.

### Coming soon ...

Watch out for more information on Health and Wellbeing Week which is going to be held in May.

Look out for parent and child yoga and cookery sessions that we plan to hold in the summer term.

**Top Tip** A range of very simple techniques can be very effective when trying to calm down and relax:

- Breathe slowly through the nose, hands on the tummy and eyes closed.
- Breathe slowly and count from 1-5 (counting breath).
- Breathe out slowly as if blowing out the candles on a birthday cake.
- Visualise a calming colour as you breathe out (colour breath).
- Visualise a calming place as you breathe out.
- Say a word to yourself or short sentence ("I can keep calm").

