

Wellbeing Update

April 2022



Northwick Park Primary & Nursery Academy

Children's Mental Health Week



As a school, we participated in Children's Mental Health Week. Each year group completed a range of wellbeing activities across the week. This allowed the children additional time to reflect upon their own mental health and wellbeing.

Reception focussed on their mental wellbeing by practicing mindfulness and trying to identify different feelings we have. We spent lots of time reading stories that support us with this, such as The Colour Monster, Elmer - showing us that our differences are to be celebrated. We all enjoyed Express Yourself Day, where we could all wear what we wanted, we all chose something different and we all looked fantastic!

Year 2 read The Ugly Duckling. We discussed how we change throughout our lives and that we all develop at different paces. We celebrated our differences and defined what is amazing about all of us. We reminded each other that we always have people around us to help us on our growing journey. Year 2 also enjoyed 'Dress to Express' day because they were able to show their personalities through their clothing.

Year 5 enjoyed the opportunity to express themselves by completing some additional art lessons and mindfulness colouring. We discussed the theme, Growing Together, and reflected on how much we have grown and developed, and discussed and celebrated our achievements so far this year. We reflected upon how our actions can impact others and thought about kind gestures to spread some positivity.

Year 1 took part in Children's Mental Health week and thoroughly enjoyed being able to have more time to focus on their own wellbeing. Even though Year 1 have relaxation every afternoon, we spent more time participating in yoga and mindful colouring.

Year 3 had a wonderful week celebrating our uniqueness, and thought of strategies to support our mental health. We made positive affirmation fortune tellers, created a fact sheet all about ourselves, we also thought about who supports us and made a colourful hot air balloon. We discussed resilience and how mistakes help us to learn, and created a resilience alphabet.

Year 4 had a great time celebrating wellbeing week. We really embraced the week and celebrated through a variety of activities and by taking part in a whole school assembly. One of our favourites was when we reflected on how far we have grown since September. We then used this to set ourselves targets for our future.

Year 6 participated in a range of activities. In addition to the weekly 'Walk a Mile', they enjoyed playing parachute games during their indoor PE slot. They also had the opportunity to paint their clay plates in the style of Clarice Cliff. During PSHE and computing sessions, the children learnt how to nurture their own and others mental health by creating a bank of positive pledge statements. Finally, the children took part in guided meditation sessions, mindfulness colouring and created an 'A to Z about me' poster.



HAVE YOUR SAY

Over the past few years, we have reviewed and implemented many strategies to support our staff members, children and parents with their wellbeing. If you have any additional ideas or suggestions to help us further improve the wellbeing of our children, please share these by using the suggestion box which can be found in our entrance area.

As a school, we regularly review the quality of our PSHE lessons and PE lessons. Our children understand the importance of maintaining a healthy lifestyle which is discussed within science lessons. The children have many opportunities to share their thoughts and feelings, and have their voice heard.

In recognition of our commitment to being a healthy school, we have recently received a Pledge of Commitment Certificate.



Commitment Pledge

Our school pledges a commitment to tackling health inequalities and improving the health and wellbeing of the children and young people and families in our community.

Working with the ECFWS Healthy Schools Team, we will strive to exceed Healthy Schools standard expectations by expanding our offer, embedding best practice and facilitating exemplar outcomes for our children and young people.



We are committed to celebrating excellence.

Valid until 9th March 2023

With the warmer weather arriving and the Easter holidays approaching, we have included a range of ideas that the children may enjoy completing. You could encourage your child to complete a wellbeing journal over the Easter break. They could include activities they have completed, people they have helped and some new recipes or foods they have tried. They could bring this in to share once they return to school.



Random Acts of Fun



Make an outdoor obstacle course	Make an indoor Scavenger Hunt	Create a game using food cartons, boxes, and containers	Practice dribbling a ball with each hand for 5 minutes	Surprise your parents by vacuuming the rugs	Ride your bike for 20 minutes	Juggle an inflated freezer bag or soccer ball
Build a fort with couch cushions and pillows	Make up a dance and teach it to a parent or sibling	Write letters to friends or relatives	Dribble a soccer ball through obstacles	Toss a stuffed animal in the air and catch it 50 times	How many stacked pillows can you jump over?	Design and create your own jump rope
Make a game with a laundry basket and rolled up socks	Design a workout with at least 4 exercises	How high can you build a tower with playing cards?	Practice throwing and rolling a ball at several cans lined up	Make a sculpture with recyclables	Play your favorite music and DANCE!	Pick out a game for family game night
Practice your standing long jump and measure your distance	Jog and/or walk around your home for at least 10 minutes	Weed the flower beds and garden	Play catch with a sibling or parent for 10 minutes	Design an obstacle course in your house or backyard	Jump rope for at least 5 minutes	Hold a plank and count by 5's to 200, 2's to 100