

Wellbeing Playground PTA Project - Phase 2

Dear Parents/Carers,

Thank you so much for your support already towards our Wellbeing Playground phases. The children are really loving the Trim Trail and the Relaxation Hub has gone down a treat! All of the children get the use of the areas at their wish during lunchtimes and the playground is timetabled evenly out across all year groups 1 - 6 for the other break times throughout the week.



We discussed with the children the next 2 phases, they then voted in class for the phase they would like to fundraise for next:

- a) The 'Green Sensory Area' - This phase consists of a green artificial grass area, custom made seats with herb and heather planters, a solar powered water feature and lots of natural seating for the children to play games, colour or just have a chill and chat!
- b) The 'Gym Station' Area - This phase consists of 6 items of outdoor gym equipment which will be located around the trim trail. The children would be able to use this to improve their fitness at break times and lunchtimes.

The results were as follows:

A - The 'Green Sensory Area' = 53 votes

B - The 'Gym Station' Area = 36 votes

Therefore the next phase for our fundraising challenge is the Green Sensory Area. We look forward to lots of exciting fundraising events such as discos, big breakfasts and funky fashion days throughout the year to help us achieve our Wellbeing Playground dreams!

Many thanks for all of your support so far,
**From all of the Children,
PTA and staff at Richard
Crosse Primary School.**

Five ways to wellbeing

- connect**
Talk with someone in your family or group of friends and really listen to what he or she has to say. Perhaps ask about something that happened at work, at a club or perhaps how he or she is feeling today and why that is.
- Be Active**
Do something active with your family or friends like going for a walk or playing a game that gets you moving.
- Take notice**
Take a bit of time to notice things around you, perhaps have a mindful moment, notice what you can see, hear, smell, feel. Perhaps notice what the people around you are up to, how they are feeling or acting.
- Keep Learning**
We're learning new things all of the time. See if you can find out about something new, or an interesting fact, perhaps learn a new skill.
- give**
Think of an opportunity to show kindness to someone else. Being kind to others actually makes you feel good so it's a kindness for you as much as the person on the receiving end!