



## Wellbeing @ Whitefield Autumn 2 Newsletter

### What's going on in school?

#### Wellbeing Ambassadors

We got lots of brilliant applications from children in years 5 and 6 for the wellbeing ambassador roles and have now got an enthusiastic team up and running. Well done to our first wellbeing ambassadors: Jessica, Oliver and Lily in Year 6 and Keigan, Emily, Imogen, Eli and Hollie in Year 5; we know they'll be a great team. In the first meeting, the children decided they wanted to introduce a way for children in the school to put forward their ideas and concerns; so they are introducing 'wellbeing suggestion boxes' (name to be confirmed!) into each classroom. They came up with lots of ideas about playtimes which we will be working on over the coming months—it's been a great start!

#### Wellbeing Questionnaire

Earlier in the term, all children from years 2 to 6 completed a wellbeing questionnaire. We are using the data collected from the questionnaires to help us to understand what they think they need help with in terms of wellbeing in school. Knowing how to deal with big emotions such as worry, sadness and anger was something the children said they needed help with, so we will be looking at ways we can help with this across the school. We will give you more details of what has been happening in this area later in the year.

#### A Confident Me and A Confident Mini

We are excited to be able to offer our children access to the fantastic 'Confident Mini' and 'Confident Me' programs. The programs aims are to empower children to be best version of themselves that they can be; to help them to understand and cope with big emotions; to build confidence to tackle new challenges and to use their voice. The sessions are being run in small groups with the aim to give as many children as possible access to either A Confident Me or A Confident Mini during their time at Whitefield.



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Above is our new Wellbeing @ Whitefield school logo. Thank you and well done to Lily H who designed it for us. Big thank you to all who entered the competition, the designs were fantastic, it was a very difficult decision.

### Wellbeing Poetry

Here is a poem that we love here in school and thought we'd share in case you want to read it with your child.

#### I am Special, So are You (author unknown)

When I look in the mirror, what do I see?  
My face, my smile, my hair – just me!  
No one walks the way I walk  
No one talks the way I talk.

Together we can laugh and play  
But you do things your own true way.  
I like to sing, you like to run  
That's what makes the world so much fun.

I help you to join in the song,  
You help me to jog along  
I am special, so are you  
And we are friends, through and through.

### Calming Breathing Technique

Something children can do to help calm their brains when they are experiencing big emotions or worries is to do some calming breathing. Here is just one of many breathing techniques they can try.



#### Feather Breathing

- Ask your child to sit or stand comfortably and imagine they have a feather on the palm of their hand in front of them.
- Ask them to breathe in slowly through their nose and breathe out slowly and gently through their mouth.
- The children are aiming to make their imaginary feather float gently on their hand but not blow away. Repeat a few times.

### Support over Christmas

We understand that Christmas can be difficult for some families. If you are having difficulties over the Christmas holidays please have a look on the 'wellbeing' section of our website.; this can be found on the 'parents' tab. There is lots of information there and links to services that can help.