

Wellbeing @ Whitefield Spring 2 Newsletter

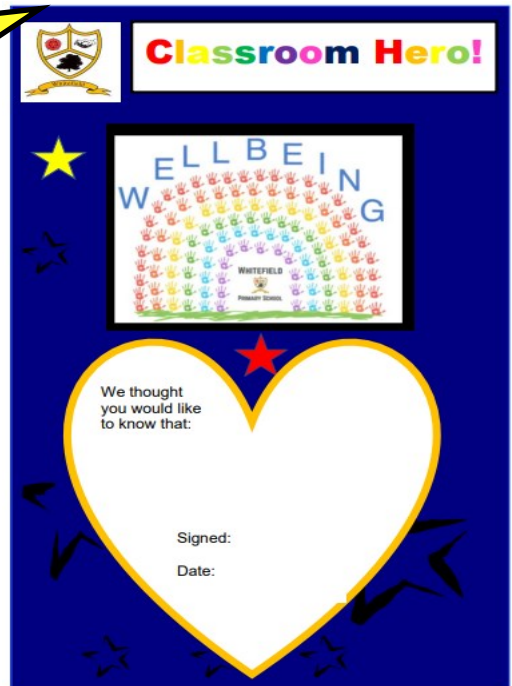
What's going on in school?

Wellbeing Ambassadors

The Wellbeing Ambassador team are meeting weekly to discuss and action their ideas. In the next coming weeks we will be discussing how they want to make sure wellbeing of Reception and Year 1 is being looked after. We're sure they will have some great ideas!

Classroom Hero's and Playground Hero's!

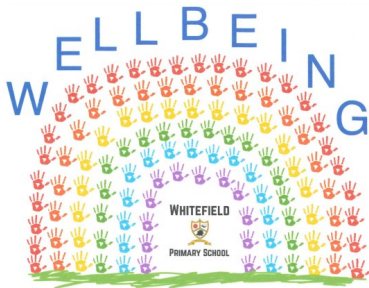
The Wellbeing Ambassadors have designed two new certificates that will be issued along with merit awards on a Friday. The certificates, Classroom Hero's and Playground Hero's, will be given to children who show kindness, thoughtfulness, helpfulness, resilience or other amazing qualities the children show that are not normally celebrated with our merit awards. We want to show our children that we value these qualities as much as academic achievement.



Mental Health Week

Last half term we celebrated children's mental health week. Year 1 grew some cress to help them to visualize and discuss the idea of 'growing together', Year 2 did some beautiful work on things they can do to calm down if they are feeling sad. All years got involved with mindful colouring and listening to calming music amongst other activities. A big favourite for the children was a video on spreading kindness. You can watch it too using the following link:

<https://www.youtube.com/watch?v=nwAYpLVyeFU>



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Below are two techniques the children have been learning. Both techniques can be used when the children are feeling strong emotions such as anger, sadness, stress and worry. These techniques have been displayed in classrooms and on sink mirrors which children can read whilst hand washing. Some of the Ambassadors thought the staff could benefit as well so they are dotted around in staff toilets too!

Star Breathing

The children follow the outline of the star with their finger. Breathing in slowly through their nose, holding for a second or two and then breathing out slowly through their mouth.



Rainbow Grounding

This technique is great for the children to use when they are feeling overwhelmed with their emotions. Grounding helps children to feel more comfortable and present in their environment which can help them to feel calmer.

