

## Wellbeing Curriculum



Dear Parents,

Welcome back and I hope you all enjoyed a wonderful summer!

To kick the year off, we will be launching a brand new exciting Wellbeing Curriculum for the children to enjoy as part of our Curriculum afternoons.

Our children's emotional wellbeing is so important to us here at Preston Hedge's, as I am sure it is to you as parents. We want children who are successful, resilient learners, but what is equally important to us is that they are healthy and content children, both mentally and physically, who are able to approach any challenge with positivity.

As part of our wellbeing curriculum, we will be introducing Wellbeing Wednesdays where every class across the whole school will take part in a short session based around wellbeing every week in the afternoon, Y1-6 starting 11<sup>th</sup> September and Reception children will start their sessions after half term. Within wellbeing Wednesdays, we will be covering the 5 areas of Wellbeing:

**Connect**

**Take Notice**

**Give**

**Be Active**

**Keep Learning**

Each term, we will focus on one of our 5 areas. Our area of focus for term 1 is **Take Notice**.

**“Take Notice:** Take note of what is happening around us and how our actions and decisions affect others. Take notice of how you feel. Take notice of all our emotions: How do they make us feel? Signs of emotions? How to get ourselves back to a calm state. Take notice of the environment and others around you.”

In addition to Wellbeing Wednesdays, we will be running a wellbeing lunchtime club every day from 12:30 – 13:30 starting **Monday 16<sup>th</sup> September**.

This club will be a chance for your child to drop in and talk to myself or a member of the team about anything that is on their mind, but also to relax and socialise on a calmer level. If you think your child would benefit from visiting the lunchtime club, please feel free to talk to myself or your child’s class teacher.

As Wellbeing leader, I am passionate about ensuring that our wellbeing curriculum provides our children with the platform to build resilience as well as an understanding of themselves and others.

I hope you can join me in my enthusiasm for this new, exciting change and look out for our new wellbeing displays appearing this month, showcasing what the children have learnt!

Our school website will soon have a webpage based around Wellbeing with more information for you. I am currently working on this so I will update you as soon as it is accessible!

A date for your diary – As **Thursday 10<sup>th</sup> October 2019** is World Mental Health Day, children will be invited to wear yellow and bring a donation to raise money for the charity, ‘Young Minds’. More information on this will be given nearer the time.

If you have any questions about any aspect of our wellbeing curriculum please do not hesitate to contact me.

Thank you,

Miss McDowell

Year 1 teacher and Wellbeing leader