

# Overstone Well-Being Newsletter

*"Promoting physical and mental health in schools creates a virtuous circle reinforcing children's attainment and achievement that in turn improves their wellbeing, enabling children to thrive and achieve their full potential." (CME England)*

We are proud of the many wonderful activities designed to boost children's well-being at school, so we thought that we'd tell you all about them!

## Well-being Surveys

Children have completed surveys to let us know how they feel about school life. Results will be passed on to the school council who will be looking at ways to increase well-being.



## School Council

The school council, led by Mrs Miller, is now up and running. Class reps have been chosen and we look forward to seeing the children's ideas being made into reality!

## Forest School

Studies have shown that outside learning has a host of benefits, including building confidence and independence, feeling empathy for others and nature and improved mental health.

This year, all children in Nursery, Reception, Year 1 and Year 2 are enjoying Forest School sessions every week. Year 3/4 classes are joining in the fun in half termly blocks, whilst Mr Winyard and Year 6 have travelled further afield to Soulbury to experience outdoor learning on a larger scale.

## ELSA

Miss Wright has been trained as an Emotional Literacy Support Assistant and is doing wonderful work supporting children in groups or individually with issues around friendships, confidence or worries.

We are also lucky to have had Jayne from **Calm Little Minds** providing an emotional well-being support service for some of our children.

Mr Winyard, our P.E. Co-Ordinator, has used some of the money raised by the PTA to buy **playground equipment**, such as balls, wobble boards and skipping ropes, among other things! We will soon be training up **Play Leaders** to make lunchtimes more fun.

### Clubs

At Overstone, we offer a variety of free clubs, both after school and at lunchtime. These include Craft Club, Football, Dance Club and Cross-Country.

### Our Curriculum

We are also working hard to ensure that our curriculum is as full of our core values, **Community**, **Curiosity** and **Challenge** as possible. In the first Half Term, we did this through: trips to bring learning to life, such as to the National Space Centre, opportunities to learn through real-life experiences, such as cooking and bringing children of different ages together to develop reading, to name a few. Members of our community have also been into school to share expertise in subjects as diverse as Geology and Music. Our links with Cottesloe also enable us to access a variety of resources to boost learning. For example, our Year 6 class are looking forward to weekly DT sessions this Half Term.

If you have any skills or ideas that you would like to share, or would be willing to come and speak to the children about your job or interest, we would love to hear from you.

#### Useful websites for parents:

<https://youngminds.org.uk/find-help/for-parents/>

<https://www.minded.org.uk/>

[http://www.barnardos.org.uk/what\\_we\\_do/our\\_work/mental\\_health.htm](http://www.barnardos.org.uk/what_we_do/our_work/mental_health.htm)

<https://www.childnet.com/parents-and-carers/hot-topics/digital-wellbeing>

Best wishes from

The Overstone Team