

## Well-being Week 22



**Acorn Class** have had a fantastic week engaging with the wonderful activities on offer. Particular favourites have been taekwondo and parkour but the biggest hit has been meeting officers and detectives from Avon and Somerset Police. The children really enjoyed exploring the vehicles and trying on uniform whilst finding out all about how the police help us.



**Oak Class** have been finding out how to deal with emotions with some great discussions in class and then making amazing posters. They have thought about what makes a good friend by reading books about the subject. We have also discussed eating healthily and why that is important. They designed their own healthy portable snack which they are hoping to make in class over the next few weeks (more details to follow!). They have all very much enjoyed all the sporting activities that they have tried over the week, especially the fencing and parkour! We were so impressed with their great efforts in Sports Day and the level of sportsmanship and support that they offered each other. Well done Year 1 - we're very proud of all of you! Mrs Stocker and Miss Farmer



**Beech Class** have learnt about First Aid, why it is important and how we can help in a few First Aid emergencies.

We have thought about growth and change; we have observed tadpoles and caterpillars and how they have been changing as they grow and related that to the changes that children go through as they grow. We have also talked about being born and found out where some of us were born.

We have read lots of stories about feelings and friendship and watched several of the Feeling Better episodes from the BBC. We have also voted for our next chapter book for story-time - What's for dinner, Mr Gum?



Each day, we have practised some mindfulness. Lastly, of course, we have done lots of colouring, drawing, singing and dancing to help us to feel good!

### **Willow Class**

Willow class have had a great week exploring different sports and team building activities. Over the week, we have engaged in: parkour, taekwondo, football, outdoor education, lacrosse, archery and fencing. In class we have focused on first aid skills, reflection, relationships and mindfulness activities.



### **Hawthorn Class**

Along with all the wonderful sporting activities, Year 4 have learnt about first aid: why it's important and what to do in an emergency. We also researched how to treat asthma and burns. In addition, we have discussed electricity and how we can keep safe. We have completed some mindfulness and different relaxing activities such as sudoku, puzzles and word searches. In PSHE this week we have discussed why our feelings are all over the place and how we can train our brain to think positively.



**Hazel Class** have enjoyed having a go at some new physical activities this week. We all found the pilates very tricky, but we're determined to keep working on our stretching and balancing as we definitely need to improve!

We especially enjoyed today's archery session, where we got to use real bows and arrows. In the classroom, we thought about the positive qualities that we should look for in someone that we look up to and we practised our team-work skills - we tried to work together to build a tower from paper, which was harder than



we thought! We also did lots of singing and improved our recorder skills - we could still remember how to play Jingle Bells!

**Yew Class** have had a fantastic week embracing the opportunity to try out new activities. We have discussed the importance of having a 'growth mindset', believing in ourselves and taking risks. In class, we have discussed changes that we experience as we grow up: in our bodies and changing schools and relationships as we move onto secondary school. We have thought about how we can support each other through these changes and ensure that we all have fantastic memories as we move on. We have particularly enjoyed the parkour this week, the archery and developing our teamwork skills during the outdoor education sessions. We then demonstrated these by supporting the younger children during sports day and enjoying a wonderful afternoon ourselves!

