



Friday 29th January 2021

Wellbeing Activities

Dear Parents and Carers,

As Miss Brooks shared on her newsletter earlier this week, Monday is the start of Children's Mental Health Week and the theme for the week is Express Yourself. 'Express Yourself' is about finding ways to share feelings, thoughts, or ideas, through creativity. This could be through art, music, writing and poetry, dance and drama, photography and film, and doing activities that make you feel good and happy.

Class Teachers will launch this with the children during the morning Teams meeting on Monday and throughout the week they will be setting activities to encourage children to take part in this. It would be lovely if you could Tweet the activities your child completes and tag @grimoldbyschool in your post.

I also wanted to take this opportunity to share with you some of the other activities that we are launching to promote positive mental health and focus on wellbeing. As a school we know times are tricky for everyone and the longer the lockdown goes on for, the more difficult it can be to stay positive. I want to reassure you that you are not alone if you feel like you or your child are not finding it easy to stay positive at the moment. We also know some days can feel harder than others and it's not always possible to keep your child engaged with their learning – this is completely normal. It is fine to give children a break and you do not need to push them when they are not in the right mind-set. We want to do all that we can to support you and hope some of the things we are introducing next week will help.

Wellbeing Wednesdays

Starting next week, every Wednesday afternoon the children in school and at home will be encouraged to take a break from learning and instead do something that they enjoy. This could be taking the dog for a walk, baking, making something, drawing, knitting- anything! We would really love it if you could share some of your activities with us on Twitter using the hashtag #wellbeingwednesday.

Social Time

Each week class teachers will provide children with extra meetings on Microsoft Teams with a focus on social time. They may ask the children to play some games, take part in show and tell or pet



assemblies or just allow the children to have time to talk to their friends. We hope that this will make the children smile and allow them time to engage and play with their friends again whilst still staying safe at home.

Weekly feelings check in.

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How are you feeling today? *

 Happy	 Sad	 Angry	 Scared	 Calm
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Happy

Next week we will launch our weekly feelings check in. This weekly check in is based on the story, 'The Colour Monster'. You can listen to the story with your child by clicking on this link -

<https://www.youtube.com/watch?v=Ih0iu80u04Y>.

Children will be asked every Wednesday to let their Class Teacher know how they are feeling using a simple questionnaire on Microsoft Teams. They don't have to let us know, but the option will be there. The results of this questionnaire will be sent directly to the class teacher (no other children will be able to see it). Although we are only asking the children to complete this on a Wednesday, it will be available for children to access at any time so that children can share how they are feeling. We will then be able to offer extra support to children, which could be a phone call home or something more specific. Class Teachers will explain this to the children in their morning meetings next week.

We hope that your child enjoys some of these activities and that they help children to talk about their feelings. Remember that we are always here to support you in any way we can. If you feel that you need further support or are worried about your child's wellbeing then please do get in touch and we will do everything we can to help. We are all in this together.

Yours Faithfully,

Mrs Sophie Waters

(SENDCo and Wellbeing Leader)