

December 2023

# Wellbeing Newsletter

*At Charlton Manor Primary School, we are committed to supporting the emotional health and wellbeing of our pupils, staff and parents. We know that everyone experiences life challenges that can make us vulnerable and at times, anyone may need additional emotional support. We take the view that positive mental health is a high priority and that everybody has an active role to play.*

*The purpose of this newsletter is to update parents/carers on how we promote, encourage and support our whole school community with their physical and mental health & wellbeing. It is also to ensure you are aware of how you can get involved with any of our wellbeing initiatives/if you have any ideas we could implement at Charlton Manor.*



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## What have we been up to this term?

### Pupil Parliament

Pupil Parliament have been getting the views of their classmates and feeding this back to the school management team to bring about some positive changes such as.

- The starting of a chess club at lunchtimes
- More sports equipment available for use at lunchtimes, including 2 Activall boards which have been a 'huge hit'
- More use of the teaching kitchen, garden and sensory room.

They also led a whole school assembly on Guy Fawkes and the importance of being safe around fireworks on bonfire night.

### Hello Yellow

A huge thank you to everyone who supported our efforts again this year to raise awareness of mental health whilst supporting Young Minds (A mental Health Charity for young people). More young people than ever before are seeking out mental health support and most aren't getting the help they need. By joining thousands of schools, offices and communities across the UK in wearing yellow, we have done a little thing to make a BIG difference to young people's mental health. The children also took part in an online resilience workshop run by Onegoal along with other schools across the country whereby the children learnt about steps they can take when they are finding things tough. We had an amazing day filled with joy and colour, raising a valuable £248 for an amazing charity.



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### Parent Drop-in Sessions

It was great to welcome some of you to our drop in session on Friday 24<sup>th</sup> November. Whilst we were able to share with you what we are doing at Charlton Manor, it was also great to have your input into how we can better support/help you and your children in terms of wellbeing, behaviour and inclusion in a very relaxed and informal way. I hope those who attended found it useful-we certainly did.



### Cycle to school week

In order to raise awareness of the benefits of active travel, and particularly cycling/scooting to school, Charlton Manor Primary School took part in the 'Bling Your Bike' initiative. The children put in a lot of effort into their bikes and did an amazing job. We had a winner in EYFS, 2 winners in KS1 and a winner in KS2.



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## World Warriors & The School Travel Plan

This term the vast majority of our children have had a road safety workshop delivered by the Royal Borough of Greenwich. They learnt about the Green cross code, how to be safe when out and about of the roads and on public transport and how to travel safely in the car by wearing seat belts and using booster seats. As you can see, this was all done in a very interactive and fun way.



The World Warriors ran an assembly for each key stage which highlighted the dangers of travelling to school in the dark now that the evenings are darker a lot earlier. They followed this up by running their own 'Be Bright Be Seen' reflector shop after school. The money they raised will be put back into other travel plan initiatives in order to keep all our children as safe as possible as they make their healthy and active journeys to and from school.



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## Dr Bike & Bikeability

On Friday 12<sup>th</sup> January we will be having a Dr Bike Day. A mechanic will be on-site (In the KS2 playground) from 9am-3pm and will be available to service and fix (where possible) your child's bike free of charge. Please take up this fantastic opportunity.

Bikeability will take place for Year 5 from 19<sup>th</sup> February which is a week long course during the school day whereby the children can learn how to ride safely on the roads. Again, we believe this is an important skill that our children should learn before heading off to their secondary schools and then into adulthood. Letters will come out to all Year 5 in January



## PSHE

This term all classes have been following our new and exciting Jigsaw programme in their PSHE lessons. Jigsaw brings together PSHE Education, compulsory Relationships, Health and sex Education, emotional literacy, mindfulness, social skills and spiritual development. It provides a whole school approach, with all year groups working on the same theme (Puzzle piece) at the same time at their own level. The children are enjoying the programme.

“Learning new topics in creative ways is fun” (Danah-Darwin Class)

“I like it because it gets us being more interactive with our classmates” (Eli-Darwin class)

“I like Jigsaw because no one gets left out, the whole class gets involved” (Francesco-Mandela Class)

“It's a fun lesson because we learn in lots of different ways” (Issac- Jeffers Class)

“I like holding the Jigsaw friend and being able to talk. I also like the games we play” (Amira-Blackman Class)



 <b>1. Being Me in My World</b> Includes lessons on Self-identity, Group Identity, Responsibilities, Consequences, Teamwork and introduces the Jigsaw Charter.	 <b>2. Celebrating Difference</b> Includes lessons on Similarity & Difference, Bullying, Stereotyping, Racism, Discrimination and Celebrating Differences and Individuality.	 <b>3. Dreams and Goals</b> Includes lessons on Aspirations, Goals, Challenges, Teamwork, Resilience, Jobs and Careers and Simple Budgeting.
 <b>4. Healthy Me</b> Includes lessons on Drugs and Alcohol Education, Self-Esteem and Confidence as well as Healthy Lifestyle choices.	 <b>5. Relationships</b> Includes lessons on Friendship, Family and other Relationships, Conflict Resolution, Communication, Loss and Bereavement.	 <b>6. Changing Me</b> Includes lessons on Coping Positively with Change, Puberty, Environmental and Life Cycles (includes Human Reproduction).



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## Sports Trips/Competitions

The school have entered numerous sports competitions this term with lots of fun had by all and some success along the way. We know how much these sporting opportunities play an important role in supporting our childrens mental & physical wellbeing. Competitions have included

- ***Toca Social***
- ***Judo experience***
- ***BMX experience/taster session***
- ***Sports hall Athletics***
- ***Mixed 7 a-side Charlton Athletic Football tournament***
- ***Netball***
- ***Sitting Volleyball*** (*I am delighted to let you know that the year 5 & 6 team won the Borough competition beating Invicta, Windrush, Wyborne and Discovery along the way. They will now be representing Greenwich in the London Youth Games finals against the winners of other London Boroughs in June).*
- ***Girls Football league***
- ***Boys Football league*** (*This has been entered and is due to start in January*)



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***Lastly, on behalf of everyone at Charlton Manor I would like to wish you a very happy, healthy and merry Christmas holidays. I look forward to seeing you all in the New Year xx***