

March 2024

# 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?

### Wellbeing Surveys

Thank you to all those who responded to our recent wellbeing survey and school travel survey. Many of you commented on the safety of the roads since the bollards were removed from the school street and with the school crossing patrol lady not being replaced at the Canberra Road junction. I have since been in contact with Royal Borough of Greenwich. They advise that there are plans to reinstate the school street with enforcement cameras but it is taking some time to put this in place. They are also in the process of reviewing their school crossing patrol personnel and are currently focussing on the busier/main roads. I have been assured of an update once the review is complete.

### Dr Bike & Bikeability

On Friday 12<sup>th</sup> January we had a Dr Bike mechanic on-site-I hope those of you who took up this opportunity found it useful.

From Monday 19<sup>th</sup> to Friday 23<sup>rd</sup> February 30 Year 5 children took part in a bikeability programme whereby they learnt how to ride safely on the roads. A huge well done to all who passed the course.





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## Sports Trips/Competitions

The school have entered numerous sports competitions again 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

- ***Boccia competition for children with SEND.***  
The children won 5 out of their 6 matches and did exceptionally well, increasing in confidence with each match they played.
- ***Dance Experience.*** 18 children had the opportunity to experience a Dance workshop with a Dance instructor at the Tramshed, a small performing Arts Centre.
- ***Inclusive Swimming gala.*** This was a competition for non swimmers which involved a number of different races aimed at increasing confidence in the water. The children did exceptionally well, winning 14 out of the 16 races. Most importantly, the confidence and fun they had in the water was fantastic to see 😊.
- ***Tennis workshop with Nino Severino from the Elena Baltacha Foundation.***





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- **Cross Country.** On a VERY wet (and muddy) Tuesday morning, we took a Year 5 team and a Year 6 Team to Avery Hill Park for our first ever Cross Country Competition, competing against 18 other schools in the Borough. I am delighted to say, the Year 5 team finished in overall 3rd place. Special mention to Jocee from Curie Class who finished just outside the medal positions in 4th place out of approximately 70 girls in the Year 5 race. Well



done Jocee!!



- **Girls Football league.**
- **Boys Football league.** I am waiting for an update with regards to current league positions for both the boys and girls Football teams, but I must say the girls are doing amazingly in their league, so far only losing 1



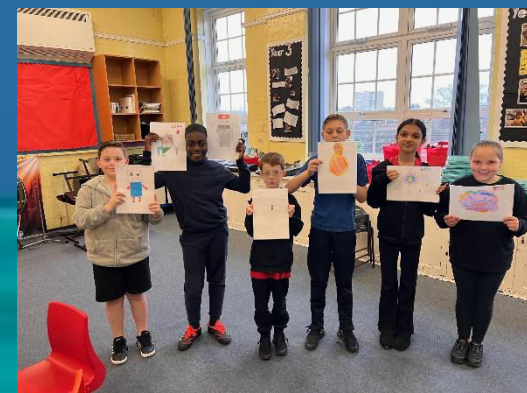
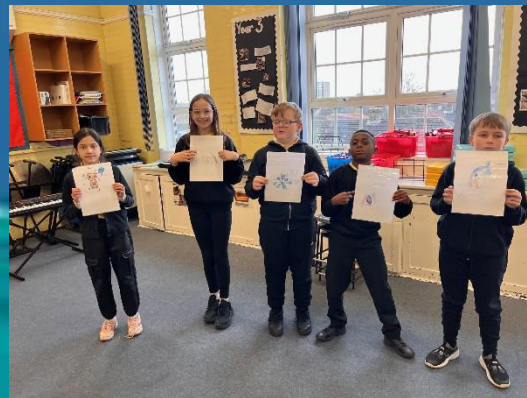
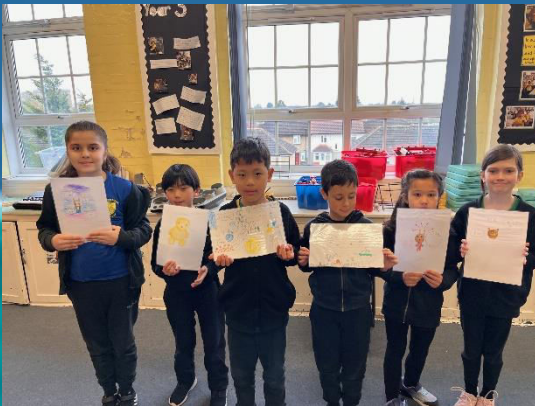


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game from the 10 matches they have played so far.

## I CAN Programme

*28 Children from Key Stage 2 have been working on a Drama based programme with Tonya French aimed at increasing self-esteem and confidence this term. They have been working on skills such as having a loud/strong voice projection, having the confidence to share ideas within the classroom and being able to overcome tough challenges with resilience. Below are some of them proudly showing their inner*



*'Cheerleaders' they created.*

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**Whole school events coming to Charlton Manor next term.....**

- *Balance bike and cycle training for Year 6 non riders (16<sup>th</sup> & 17<sup>th</sup> May)*
- *Walk to school week (20<sup>th</sup>-24<sup>th</sup> May)*
- *Sponsored Mini Marathon for Years 1-6 (Friday 26<sup>th</sup> April)*
- *Children vs Staff sports competition for each year group (Years 1-6) (20<sup>th</sup>-24<sup>th</sup> May)*
- *Sports Days (All Years including Nursery). Dates will be confirmed soon.*

***Lastly, on behalf of everyone at Charlton Manor I would like to wish you a very happy, healthy and dare I say chocolate-filled Easter Holidays. I look forward to seeing you all in the Summer Term xx***