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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.

IT TAKES EACH OF US
**TO MAKE
A DIFFERENCE
FOR ALL OF US.**

– Jackie Mutcheson

♥
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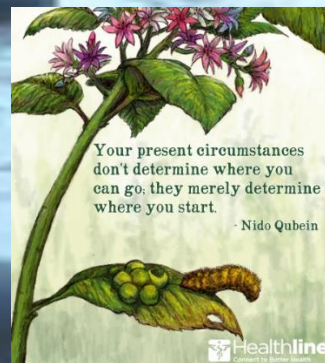
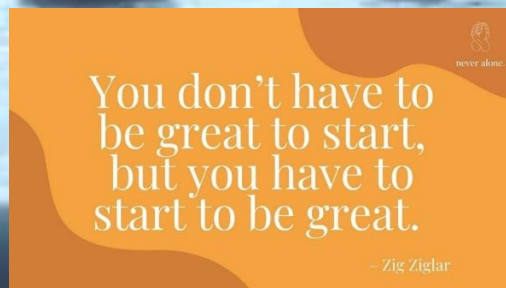
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What have we been up to this term?

Wellbeing Award for Schools

As you are aware, in November 2021, we started work on the Wellbeing Award for Schools. It is a whole school improvement award with the focus on improving the mental wellbeing of the school community (children, parents and staff). We have since been working hard to evaluate our provision and make improvements where necessary. On Friday 17th March the school successfully passed the verification process for the award. We have since received the report and we will upload it to the school website soon for you to access.

We are delighted with this award, but our wellbeing journey does not stop here. If you have any ideas/issues you would like to raise regarding mental and physical wellbeing at Charlton Manor (Good or bad) please let the office know and Miss Coller will be happy to meet/talk with you and/or your child. Alternatively, you can email Miss Coller directly at tcoller@charltonmanor.greenwich.sch.uk



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Health & Wellbeing Grant

As a result of some money we received through a wellbeing grant, we have purchased a range of wellbeing focus books for our new library and for use at lunchtimes in the playground. The children have been enjoying reading some of them this term in their classes and individually.

Some children from years 4-6 have been having some life skills through drama sessions aimed at developing their self-esteem, confidence and resilience. These have been led by a Rapid Transformational Therapy Practitioner and the children who have taken part speak very positively about the programme.

All Year 6 pupils will be provided with transition to Secondary school workshops in order to support their worries, emotions and anxieties around moving onto their secondary schools in the Summer Term.



Use of the 5 point scale

This term we have introduced a whole school approach to using the 5 point scale in recognising and managing feelings and emotions. The 5 Point Scale is used to assist the children in becoming more aware of their emotions, such as anger or pain, and the stage or level of the emotion. Using the scale, the children rate their emotions. This then allows them to (a) provide information to the teacher about how they are feeling, (b) become more effective in managing their thinking process, and (c) implement the desired behaviour as a proactive approach. Giving a number instead of trying to describe or name an emotion helps them to think efficiently in order to make good decisions in a variety of situations. This may be a tool you would like to implement at home whilst encouraging them to use their mindfulness techniques learnt in school to regulate their emotions. If you would like any advice/support in doing so please do not hesitate to speak to the class Teacher.

5		I can't stand this and am ready to explode I want to hit someone, something or throw something. I need an adult to help me go to a safe place so I can calm down.
4		I am getting too angry My brain isn't working clearly. I might say or do something I will be sorry for later. I need to go to my safe place to calm down.
3		I am getting really irritated I need to walk away from a bad situation. I will tell my teacher that I need a break.
2		I am doing OK. I'm not pleased, but I'm not upset. I can stay where I am and keep working. I can control my anger by myself.
1		I am doing great. I feel good about myself and about what is going on around me.

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Children's Mental Health Week

Children's Mental Health week from 6th-12th February, saw us promote and encourage the importance of being and feeling 'connected'. This was done through PSHE lessons, assemblies, poster competitions and a range of class activities.

In KS1 classes made paperchains whereby they each drew something or wrote a message on their part of the chain and then they were all connected as a class. Each of the class chains were then hung in the KS1 corridor to link to the next class.

In KS2 each child was asked to create/design a puzzle piece which illustrated what makes them happy and connected and then their pieces were put together to make a whole puzzle.



Pupil Parliament

Pupil parliament have been working hard this year to get the views of their class mates and to make positive changes to improve pupils wellbeing. So far they have negotiated getting the four square lines in the playground repainted, secured more playground equipment such as Tennis rackets, Basketballs, skipping ropes, hoops, Footballs etc and have asked Miss Coller to arrange for an after school Cricket club to run for KS2 in the Summer Term. They have also put together a plan to update History Street. Pupil Parliament are now focusing their efforts on raising as much money as they can so that their plans can be put into action. Thank you to everyone who took part in the own clothes day....£265.00 was raised to kick off the fundraising efforts!

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Bikeability

In January 28 year 6 children took part in a week long bikeability course. Bikeability is a nationally recognised cycle training programme that provides the children with the opportunity to acquire the practical skills to cycle safely and with confidence on today's roads. It ensures children are prepared for short journeys such as cycling to school. The training took place in small groups on quiet, local streets, giving them a real cycling experience. Well done to the Year 6's...I am sure some of you will put your training to good use when you travel to your Secondary Schools.



Road safety Workshops

With the Junior Travel Ambassadors (JTA's) we have been working hard to promote safe, sustainable, active and healthy travel to and from school for all our pupils. All classes (Including Bright Class) have had road safety workshops delivered by the Road safety and school travel team at the Royal Borough of Greenwich this term. These workshops have taught the children the Green cross code of Think, Stop, Look and listen, how to use the different kinds of road crossings, how to travel safely in a vehicle (including entering and exiting) as well as the potential dangers of not doing the right thing on or around roads. As you can see from the photos below, lots of props and practical activities brought the workshops to life, making it more real for the children.

You will have seen from the message sent on parent pay, the JTA's conducted a road traffic survey around the at the boundaries of the school

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street zone. The results of the survey were generally very pleasing. The positive things we witnessed were as follows....

- 1) There were a huge number of children and parents walking, cycling and scooting to school, which is fantastic to see because it not only helps the environment, but also helps with our overall health and wellbeing.
- 2) We did not see any cars parked/blocking the barriers, which has previously been a problem and has caused some safety concerns.
- 3) There has been a huge decline in the number of parents on their mobile phones whilst walking with their children along the pavements/in the school street zone.

We would like to see and will now be focusing our attention on the following;

- 1) All children who are scooting or cycling to school wearing helmets.
- 2) All children exiting their vehicles on the pavement side rather than straight onto the road.

We would also like to remind you that although the roads around the school are closed to vehicles, it is vitally important our children continue to follow the Green Cross Code of 'Think, Stop, Look and Listen' whilst walking to and from school as there may still be some vehicles using the road without our knowledge.

Thank you for your ongoing support with ensuring our children can be safe on their journeys to and from school.



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The Big Walk & Wheel

A huge well done to everyone who has either walked, scooted or cycled to school during the last 2 weeks of the Big walk and Wheel. I am delighted to announce the winners were **Curie Class**. They will be presented with our Travel Champions Mascot at the start of the Summer Term. The class will also get the opportunity to name him/her so get your thinking caps on Curie class!!



Yoga Clubs

After Easter Yoga club will run every Thursday morning from 8:25-8:55am. It is open to all children and parents from reception to year 6. If your child is in year 2 or below, a parent/guardian will need to accompany him/her. You do not need to 'sign up' for this club in advance.

Sports Trips/experiences

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

- ***Girls Football league***
- ***Boys Football league***
- ***Player visit from two Charlton Athletic players***
- ***Basketball***
- ***Dance Festival***

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Lastly, on behalf of everyone at Charlton Manor I would like to wish you a very happy, healthy (With the odd chocolate egg or 2 😊) and restful Easter holidays. I look forward to continuing our wellbeing journey when we return for the Summer Term.....there is plenty more already in the pipeline, beginning with a roll out of a new and exciting PSHE Curriculum.

Miss Coller