



## Welbourn Church of England Primary School

*'Believe, Excite, Succeed, Together'*

**Well-being Newsletter Friday 5th March 2021**



Dear Parents and Carers,

We can't wait to welcome the children back next week and wanted to take the opportunity to explain to you some of the things we have planned to support your child's mental health and well-being.

### Well-being mentor and interventions

Mrs Kinton has supported children in small groups and on a one-to-one basis during lockdown to help provide children with coping strategies or 'time to talk'. This has proved to be successful and we aim to continue this in school. She has also supported and coached some children with the transition of returning to school next week. It can be a time of such worry for children – they may worry if they have their same friends, or if they catch Covid, etc. They may not want to leave the safety of their home or their family members. We will support and encourage our children as they arrive each day but this may be difficult for some children during the first week. If you feel they may need extra support, please get in touch via the closure account or by contacting the school office.

We have a variety of staff members who have received expert training to support their knowledge and skills of supporting children's mental health and well-being but we can also access further external support, should we need it.

Parents can also access online training and workshops by following the links below.

<https://www.eventbrite.co.uk/o/healthy-minds-lincolnshire-20000004846>

### Developing relationships and teamwork

Throughout the week, the children will have an opportunity to play team games, collaborate and reconnect with each other through circle time and RSE lessons. Again, if your child is struggling to reignite friendships and relationships, let us know and we can support. Miss Gadsby, Mrs Spedding, Mrs Dame and Mrs Espin have been busy preparing activities and resources to support lunchtime play.

### Being active

We are pleased that the children have enjoyed their virtual P.E sessions with Carre's coaches. Some children in school also enjoyed 'Motivation Monday' where we had a virtual keep fit session with the real Mr Motivator. This was part of an initiative with over 350 schools. On Monday our coaches will return to school and work with our children delivering active phonics, active maths and P.E lessons. They will also deliver after school clubs and deliver inter school competitions

### Well-being Wednesdays

We will continue to celebrate 'Well-being Wednesday' where we will think about strategies and ways to have a healthy mind and body. This will be part of our 'Well-being worship' and PSHE lessons and P.E sessions.

### Return to school Routines week

As part of our settling in period next week, we will revise our school rules and take part in a 'Routines week'. We will recap health and safety, staying safe in school and practise fire drills etc.

### Junior Forrester award

Please find below the link for the next Forest School Challenge:

<https://youtu.be/hZuEYnViDR4>

**RFS**  
ROYAL FORESTRY SOCIETY



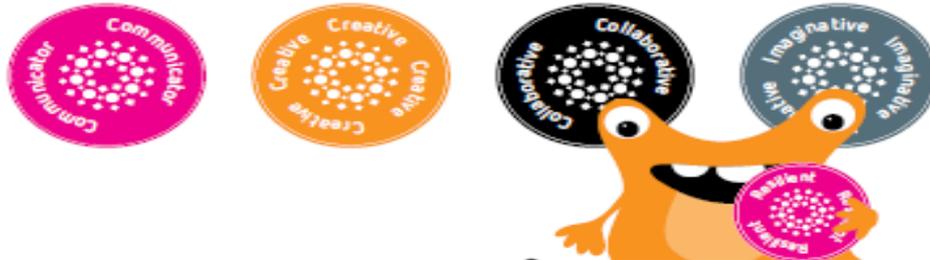
INSPIRING PASSION AND EXCELLENCE IN WOODLAND MANAGEMENT

## Science Week

Next week it is Science week! The theme is 'Innovating for the future'.

Innovation is part of people, materials, animals, nature or anything else in your everyday lives'

"At Welbourn CE Primary School we are innovating to improve our environment and restore habitats"



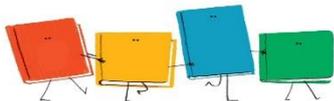
You child will take part in outdoor and indoor activities where they will plan and make a habitat for a mini beast or animal to be placed in our school grounds. Mr Clarke will be in school supporting the children with their projects.

You may be asked by your child to donate any old wood, sand, plant pots or other garden materials!

Please can your child bring an old pair of shoes or wellies to change into as they will be working on the field and in the woodland area.

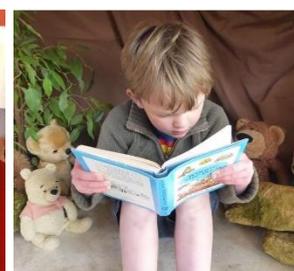
## Safeguarding

We are committed to Safeguarding young children. If you have any concerns about the welfare of a child, please call: 01522782111



## World Book day fun!

Reading in strange places...



## Book boxes!

Well done! They were all fantastic – the winners will be announced on Monday.  
These are only a selection of entries.

