

WELL-BEING



Ayscoughfee Hall School Wellbeing Newsletter Spring Term 2023



Welcome to our second wellbeing newsletter of this academic year. As you know, in school we take the wellbeing of our children, parents and staff very seriously and we work hard to ensure we are promoting an environment where everyone feels safe, happy and secure. We have had a whole host of different activities happening in school.

Anti bullying Week

We were proud to be part of the National Anti-Bullying Week last November and enjoyed promoting the message 'All different...All equal'. Everyone wore odd socks and our School Captains held an assembly for the whole school. We are proud of our school display showing our odd socks coloured by everyone in school.



JOSO Training

We are excited to announce a new role in school. Three of our Year 5 children have been involved in some training from Lincolnshire Safeguarding to gain their JOSO award. Katy, Jet and Holly are now fully trained as our school's Junior Online Safety Officers. They will be working in school to ensure we are all aware of how we can keep safe on line and how we can use the internet securely. They have been set different missions to carry out in school before they report back to the Lincolnshire Safeguarding Trainer during a review session in March.



Children's Mental Health Week

We had a fantastic last week of Term 3 with our Kindness Ambassadors organising and running numerous events and activities for us, as part of Children's National Health Week. The children enjoyed the assembly, the kindness clubs, the chat club, the extra kindness awards and especially the multitude of kindness stickers!



We are currently working towards a School Impact Award for Wellbeing. It is our hope that we will achieve the Gold award and be a credited Well Being School by the end of this academic year. We will be requiring some input from parents as part of the criteria to achieving the award so please keep a look out for this. Your help will be very much appreciated.

Year 5/6 Well-Being Club

Mrs Lane has been running a weekly well-being club for the Junior children over the past few terms. The yoga and Pilates have been a firm favourite with many of the children with one Year 5 child saying "It's such a lovely calm way to end the day-I love it!"



Parents' Tool Kit

BBC Bitesize: <https://www.bbc.co.uk/bitesize/articles/z3x6m39>

Young minds: https://www.youngminds.org.uk/professional/schools?gclid=EAlaIQobChMIInoT9xszf-gIVCOrtCh1eIAImEAAAYASAAEgJAlfD_BwE

Barnardo's: https://www.barnardos.org.uk/blog/what-anxiety?gclid=EAlaIQobChMIyd-f78zf-gIVloBQBh2ftgkIEAAAYASAAEgle9PD_BwE