

# WELL-BEING



## Ayscoughfee Hall School Wellbeing Newsletter Spring Term 2024



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 recently.

### Anti bullying Week 2023

We were proud to be part of the National Anti-Bullying Week last November and enjoyed promoting the message 'Make Some Noise' which encourages our children to have the confidence to always speak out if they see, hear or experience bullying. The School Council and Kindness Ambassadors did a great job of organising activities throughout the week and the kindness clubs were very well received by both infant and junior children. Jessica won the WHSmith gift voucher as her antibullying wordsearch was pulled out as the winner of the prize draw. The highlight of the week was when the whole school came together to make a huge circle around the school building. We then clapped, cheered and played music instruments to 'make some noise' to promote the key message of the week. Another wonderful week in school and an important issue addressed throughout the school.



## Senior Mental Health Lead

We are happy to say that Mrs. Jeffries has completed a Senior Mental Health Course in line with guidance from the Department for Education (DFE).



The role of the SMHL in school will ensure that we continue to have a whole-school approach in supporting mental health and wellbeing, as well as having an open culture in which staff and children can discuss their mental health and wellbeing openly; creating an environment where our pupils can thrive.

## After School Clubs

We continue to offer a range of after school clubs to encourage and promote Wellbeing throughout the whole school. Infant children enjoyed many activities in their mindfulness clubs last term including designing and making their own gratitude stone and kindness rosettes. This term the Junior children have been involved in some mindfulness and meditation activities as part of their club with Mrs Periam.



## Parents' Tool Kit

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

Young minds: [https://www.youngminds.org.uk/professional/schools?gclid=EAlaIQobChMIInoT9xszf-gIVCOrtCh1eIAlmEAAAYASAAEgJAlfD\\_BwE](https://www.youngminds.org.uk/professional/schools?gclid=EAlaIQobChMIInoT9xszf-gIVCOrtCh1eIAlmEAAAYASAAEgJAlfD_BwE)

Barnardo's: [https://www.barnardos.org.uk/blog/what-anxiety?gclid=EAlaIQobChMIyd-f78zf-gIVIoBQBh2ftgkIEAAAYASAAEgle9PD\\_BwE](https://www.barnardos.org.uk/blog/what-anxiety?gclid=EAlaIQobChMIyd-f78zf-gIVIoBQBh2ftgkIEAAAYASAAEgle9PD_BwE)