



Wellbeing Award for Schools

"Good wellbeing is when I feel good in my head, my heart and my body."



Wellbeing Activity!



Please look out for an Easter holiday Wellbeing activity to complete with your children to help support them in understanding what the logo and vision statement means. There is an accompanying child friendly explanation to help you reinforce the same messages at home. All returned sheets will receive 5 house points!

TDIS Wellbeing Champions

We would like to say a HUGE thank you to our wonderful Wellbeing Champions who have worked so hard and been a great support to the wellbeing of all the children in school over the last term. They all enjoyed a special Working Wednesday Wellbeing lunch with Mrs Frame and were proud to receive their well-deserved certificates last week. If you haven't seen their photo in About Thames Ditton, do look out for it!

We will be carefully considering the new Wellbeing Champions for next term and are confident the children will be able to let you know who the new Wellbeing Champion/s in their class are.

Family Wellbeing Moments

Following suggestions from the Family Wellbeing Questionnaire, please find below information or links on some different activities you could try:

Connecting through art - <https://www.place2be.org.uk/media/r5upjb2n/place2be-young-carers-art-room-activity-pack.pdf>

Family challenge - Draw around everyone's hands and feet. Can you turn them into an animal or character?

Den building - Find a quiet place to build a den and decide a way you could all relax inside it once it's built.

Be active - join in with the Easter holiday PE challenge as a family.

If you would like to capture your Family Wellbeing Moment, please do send a photograph to your class email for the children to show their class.

Wellbeing Update

- A big thank you to all those who responded to our Family Wellbeing questionnaire. We had 59 responses, which were overwhelmingly positive, and have reinforced in all classes what mechanisms the children have to raise a worry or concern. We are carefully considering the suggestions from parents for supporting family wellbeing moving forward.
- The children have given us ideas about different activities they would like incorporated into their Wellbeing Time, which we will try to include in next term's planning.
- We have explained the logo and child vision to the children through a special assembly to help them articulate how they can feel good in their head (mind) and body. We also talked about how we feel good in our hearts by knowing we have good relationships that support us in feeling healthy in our mind and body.
- Class assemblies have all had a link to an aspect of wellbeing and the children have thoroughly enjoyed sharing these with their families and the rest of the school.
- Zones of Regulation training held for parents to share the school strategy for helping children to self regulate. Please see attached Powerpoint if you were unable to attend.