

# Wellbeing Week



## Know Yourself, Grow Yourself!

24th-28th June

The theme for the week is 'Know Yourself, Grow Yourself'. Children will learn that the more we can understand about ourselves, the easier it will be to share our feelings, tackle the challenges that we come across in every day life and be resilient. Understanding ourselves is called self-awareness. This includes knowing what we are good at or what we find challenging, what makes us feel happy, sad or calm, what makes us unique and our hopes and dreams for the future. As we learn more about ourselves, it becomes easier to make connections with others and to form positive relationships.



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



## Wellfest 2025

We are excited to tell you that, following last year's success, we will be holding our second TDIS Wellfest using some of the money raised from the Mini Marathon! This will be a whole school opportunity to celebrate our learning about the importance of looking after our wellbeing and having strong connections with others and a supportive community to nurture good mental health.

Each class will visit Wellfest across the morning of Wednesday 2nd July and will be able to enjoy a range of activities that will help them to feel good in their head, their heart and their body. For example, yoga, cheerleading, creative and mindfulness activities, healthy snack creation, sports challenges and lots more!

A big thank you to everyone who helped to raise the money, organise this event and who will be helping out on the day. We look forward to celebrating all our wonderful wellbeing learning throughout the whole week and hope the children thoroughly enjoy it.



## Community

A further focus for the week is to celebrate the communities that support us and help nurture good mental health. We thrive when we have strong connections with others and supportive communities around us. Communities can provide us with a sense of belonging, safety, support in hard times and give us purpose.

Children will be encouraged to identify the different groups of people that they connect with and discuss how they help support their wellbeing.

We are encouraging all our families to take time this week to celebrate these connections with family members, friends and other important people in the community.

If your child would like to share a photo of a time they connected with one of their special people, please send a photo to your child's class email!



You can find top tips for families to explore the theme 'Community' at home on the website below.

<https://mentalhealth-uk.org/get-involved/mental-health-awareness-days/mental-health-awareness-week/>

Please see further information about 'Know Yourself, Grow Yourself' on the following link.

<https://www.childrensmentalhealthweek.org.uk/families/>

Our Home School Link Worker, Michelle Talboys, has supported a number of families and children across our school this year. Please contact the school office if you would like further information.

# Sports activities

Throughout the week, children will take part in a range of exciting activities designed to showcase the PE skills they have developed and refined over the year. We're also thrilled to be introducing some new experiences for the children to enjoy. We will be welcoming a number of visiting companies, including *The Fun Firm*, who will provide bungee trampolining sessions for Key Stage 1, as well as mini golf sessions for Reception and Year 2.

Each year group will also have a dedicated Outdoor Games session planned for them.

As part of our 'WellFest', children will have the chance to engage in various activities that promote both physical and mental wellbeing. The following week, we will celebrate Sports Day — a wonderful opportunity for pupils to demonstrate their skills and enjoy a fun-filled day of sporting achievement.

## Managing Feelings



Children will explore a range of emotions that they might experience and how being active can often be used to improve their mood. They will learn to identify what constitutes as comfortable feelings (e.g. Happy, safe, loved, excited) and some which might be uncomfortable feelings (e.g. Worried, angry, lonely).

They will learn that it is helpful to recognise what emotions they are feeling in a situation, especially in more challenging ones so that they can consider why they might be feeling these emotions and how they may affect their behaviour. They will learn that by expressing and sharing how they feel, we can try to find healthy ways to respond to difficulties.

We will explain how there are times when we all experience uncomfortable thoughts and feelings and explore different ways of managing them, such as telling an adult, doing some exercise or getting some fresh air. We will discuss the importance of telling someone if we are finding something really difficult or upsetting, just as we would do if we felt poorly or had hurt ourselves. The 'Five Finger Check', will be reinforced to the children to remind them about the adults who can help them in school, if they are experiencing any uncomfortable feelings.

## EXPRESS YOURSELF!



Children are encouraged to wear clothes that help them to feel special and unique on Express Yourself Day (Monday 30th June). This will be an opportunity for children to share their ideas about what makes them unique and what is important to them. They might wear clothes that are their favourite colour or that represent their family origin, a favourite hobby or what they aspire to be.

## Healthy Foods



Children will develop their knowledge about what makes a healthy diet and the importance of eating healthy foods to help us have good wellbeing. All classes will have the opportunity to make their own healthy snack and 'eat the rainbow' during Wellfest!

## The Daily Mile

One of our aims at TDIS is to support the children in developing their stamina, concentration and enjoyment of physical activity and this week in particular we will be highlighting the benefits of taking part in 'The Daily Mile' and continuing with our weekly personal best running challenge. For more information on this please visit: <https://thedailymile.co.uk/>



## Looking ahead:

### Sports Day



KS1 Sports Day is on **Wednesday 9th July**.

**Year 2 : 9am-10:15am**

**Year 1: 10:45am-12pm**

Reception's Sports day is on **Thursday 10th July at 9am-10:15am**.

We hope you are able to come along and cheer on your child. You will be seated in the middle of the field to watch. Please help us by staying in the designated area so as to not distract children completing in their activities and to help us move the children between activities quickly. We look forward to seeing you there!

## Wellbeing Week Attire



**Monday: Express Yourself Day-** children to come dressed in clothes that make them feel good/special.

**Tuesday:** Whole school in PE kit

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**Thursday: 'Sport Stars' day** –whole school to come dressed in their favourite way to stay active e.g. sports club kit, active wear, PE kit (children welcome to bring in a medal/certificate that relates to their clothes).

**Friday:** Whole school in PE Kit

**Just to note:** On days when your child is in PE kit, please ensure that children with long hair is tied back and jewellery is not worn.