

Falcons Primary School Wellbeing Newsletter

Summer Term 1

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At Falcons Primary school we teach PSHE through the Jigsaw scheme of learning. This half term we are covering the 'Relationships' unit.



Personal Social Health Education is taught all the way through the school starting in Reception class and continuing through until the pupils leave us in Year 6.

Our **PSHE** curriculum allows children to build **resilience**, know how to care for their **mental and physical health** as well as helping them to acquire the knowledge, understanding and skills they need to successfully **manage their lives** - now and in the future.

Our Jigsaw learning this half term:

Relationships:

In the Jigsaw PSHE "Relationships" unit, children learn about forming positive relationships, including friendship, respect, communication and staying safe.



At Falcons this week the **Kindness Ambassadors** launched an Assembly to remind children how important it is to look after our mental health for **Mental Health Awareness week**.

In classes we talked about what mental health is, the importance of looking after our mental health and how we can all take care of our mental health by incorporating 'The **5 Ways to Wellbeing**' into our daily lives!



Mental Health Awareness week



Reception children looked after their mental health by going outdoors and **connecting with nature!**

Year 1 spoke about the different **emotions** they may feel. They then created an action wheel that could help them take action if we were feeling upset, worried or angry.



In Year 2 children discussed how having a **healthy diet** and eating a variety of foods impacts both our physical and **mental health!**



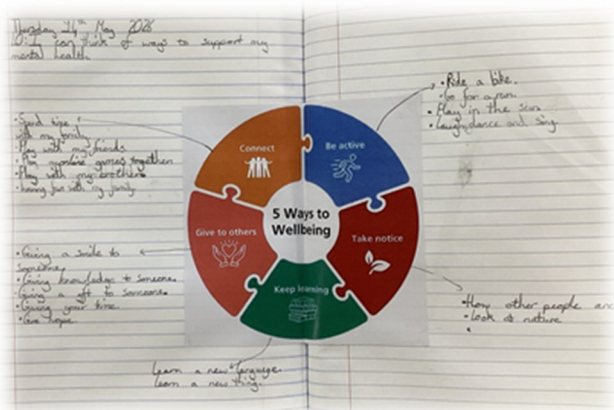
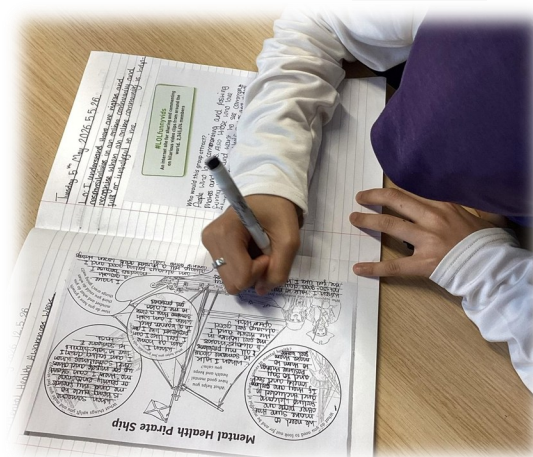
In Year 3, they have been exploring the skills you need to make friends and sustain **friendship**. They learned that **connecting with others** is essential for our mental health.



In Year 4 children thought of ways they could incorporate the **5 ways to wellbeing** into their lives.

In Year 5 children came up with lots of thoughtful ideas and actions they could take to not only look after their own **mental health** but help others feel happy, safe and supported.

In Year 6 the children had fun and got **active** by creating their own **dances**.



A huge well done to our Year 6 children!



A huge well done to Year 6 this week who've shown **resilience** and **determination** during SATs week!

We are so impressed with their **positive attitudes** and their **mature behaviour**. We hope they have enjoyed celebrating the end of their tests with a bit of fun!



As a special treat, Year 6 children enjoyed delicious **pancakes** and **milkshakes**!

From the big smiles on their faces, it looks like they enjoyed them!



How do Falcons teachers take care of their mental health?



I know that looking after my mental health is just as important as looking after my physical health! I help take care of my mental health by doing creative activities such as painting and pottery classes. I keep active and get outdoors as much as I can. I like to do hikes and outdoor challenges. I recently did abseiling and caving in the Peak District which was a challenge!

I recently took part in a **Tough Mudder** - It required a lot of **stamina and team work**. I had a very supportive team and we got through all of the challenges together. I really enjoyed the climbing activity because it helped me get over my fear of heights. - **Miss Chauhan**



50 Things to do before you leave Falcons!

Getting active, taking notice of the world around you, connecting with family and friends, learning a new skill or giving to others are 5 simple ways to look after your own mental health!

This half term remember to look at your list of '50 things to do before you leave Falcons' for some great activities that will see you exploring the outdoors,



SCHOOL DIARY DATES

- School Closes for Half Term: **Friday 22nd May**
- School Re-Opens: **Monday 1st June**
- Sports Day: **Thursday 2nd July**
- PTA Summer Fete: **Saturday 4th July**