



Dear Parents and Carers,

We recently embarked upon our first Wellbeing Week and it proved to be a very enjoyable and valuable experience. The purpose of the week was to provide our children with the knowledge, skills and tools to manage their own mental health and wellbeing. It is also an opportunity to raise awareness of the importance of looking after our own mental health and wellbeing and the positive role that we can play in the wellbeing of others. This builds on our PSHE and pastoral programme which helps children recognise that if we have good mental wellbeing, we will have higher life satisfaction, the ability to manage stress and a sense of purpose.

The activities included pupils having valuable time with their buddies and cementing strong relationships with each other, getting close to nature by meeting our visiting hedgehogs, getting active by peddling hard on a 'smoothie bike' to create their own healthy drink and getting to know a visiting therapy dog. We were also lucky to have the Brighton and Hove Albion Well Being Team come in to school to deliver workshops which were complimented by class mindfulness sessions to close out the week. It was so lovely to also see many of you attend our nutritional talks and we hope you found this useful. A huge thank you to Mrs Mack who put together the week's activities.

The wellbeing and mental health of our children is the foundation on which we build everything else. Good mental health allows children to think clearly, develop socially and learn new skills. Additionally, healthy relationships with peers and encouraging words from adults are all important for helping children develop self-confidence, high self-esteem and a healthy emotional outlook on life.

Our Wellbeing Week was predominantly focused on the Five Ways to Wellbeing:



These Five Ways to Wellbeing was developed by the New Economics Foundation (NEF) as the result of research undertaken as part of the Foresight Project on Mental Capital and Wellbeing (2008). NEF states that if practised regularly the Five Ways to Wellbeing will contribute to improving personal wellbeing. Evidence shows it is individuals who practise all

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'5 steps' who have the highest level of wellbeing. What I appreciate most about The Five Ways is that it is a preventative approach and here at Windlesham we will continue to strive to find as many opportunities for our children to engage in these five steps.

All of the pastoral work we do here at Windlesham focuses on creating a strong sense of wellbeing within us all, working to make sure that the pupils can explore the world around us with confidence and reach their potential while enjoying every day. We strive for our pupils to be strong in themselves and have positive self-esteem. We are always looking to continue to build on our provision of support to pupils here at Windlesham. From your child's first steps into Owlets through to their final path in Year 6 your child's Form Tutor plays a vital role in their pastoral support system. Spending regular time in our early years, who have created a train to Sheffield for me to ride, shown me how to make maths crowns and giving me advice about how to keep my teeth clean, I know that many of our children know what makes them happy. I do hope that your child enjoyed last week and please do take every opportunity to make time to engage with them about their wellbeing.

This half term our enthusiastic singers also had the wonderful experience of travelling to the O2 to be part of the largest children's choir at the Young Voices event. The Windlesham children were able to perform all styles of music through workshops which then culminated in an early evening concert. The valuable experiences that they were able to take away were, being part of a unified group from all different areas across the country and having a memorable lifelong experience that will have certainly help boost their confidence.

My thanks to Mrs Gallant, Mrs Mack and Mrs Colley for accompanying this trip and helping make the trip such a wonderful memory.

All that is left to say is to have a lovely restful weekend and half term.

Regards,

David Leggett

Headmaster