

## Wellbeing Newsletter



February 2022

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### Introduction

Welcome to the second edition of our wellbeing newsletter. There have been lots of amazing wellbeing events going on at HPA during February, as well as many to come through the month of March.

Mr Stagg

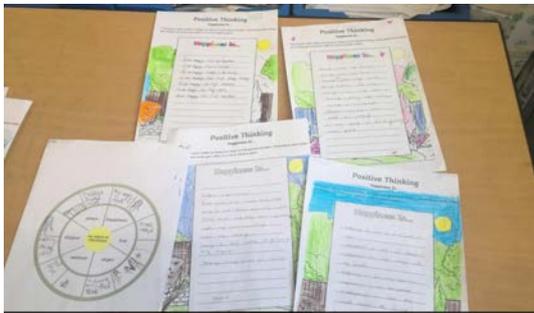
### Children's Mental Health Week

HPA took part in Children's Mental Health Week, which ran from 7th to 13th of February. This was an important date in the school's calendar. During the week the children took part in a 'Dress to Express' day, where the whole school community wore something to express themselves through colour, outfit and hair style etc. Also, reception children and year 1 children took part in a fundraiser for the blind dog association with a sponsored cycle in the reception play area. They raised a huge amount of money for the charity. All of the school community took part in various other activities throughout the week that related to looking after our own mental health.

One of the highlights was reading a picture book called 'Bottled' by Tom and Joe Brassington. It taught the children how to deal with their emotions and got them to think about the different types of emotions they might have. Mrs Kinsella also led some fantastic Yoga and mindfulness sessions for all of the school community.

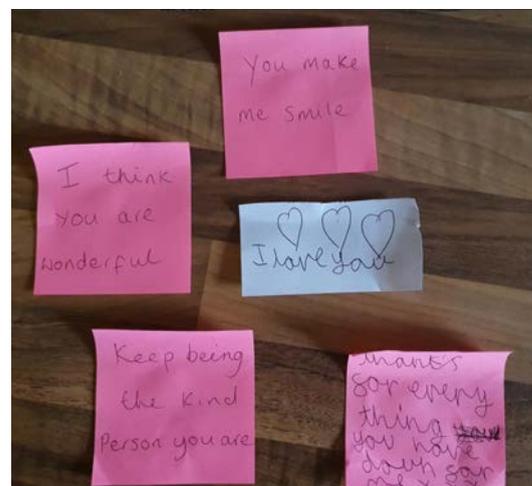
Another highlight was our school community watching an online Collective Worship, which focused on 'reaching for the stars', setting an emotional wellbeing goal to work towards, as well as looking at the importance of our

support networks. The dancer Oti Mabuse also made an appearance! I really enjoyed talking about the week on the Radio Norfolk Breakfast Show!



### Acts of Kindness Calendar

A huge thank you to everyone who took part in the 'HPA Acts of Kindness' calendar for the month of February. Being kind is a culture that we firmly believe in at HPA and something that will continue for the rest of this academic year and beyond. Below are some examples of the kindness we witnessed.



## Kindness Poetry Competition

To continue to raise awareness about the importance of kindness within the school community we are running a poetry/art competition for KS1 and KS2.

Information about the KS1 and KS2 poetry competition is below. I will also explain the poetry competition to all of the children during school time.

### **Who can enter the competition?**

There are 2 categories:

KS1

KS2

### **What kind of a poem can I write?**

- You can write the poem in any way you like but it should have something to do with 'Kindness'.
- 'Kindness' does not have to be the title of your poem - you can come up with your own title
- Your poem can be in any poetry style you like.
- Your poem doesn't have to rhyme but you can use rhyme if you wish.
- Your poem can be long or short.
- Your poem should be a maximum of 20 lines
- There are some examples on the school Dojo page to help you get started.

There will be prizes for the winners in KS1 and KS2. The poem will also be published in the school and local community.

There is also a competition for designing a piece of artwork for the front cover. This needs to include the word 'kindness' as well as any drawing, designs and pictures to go with it. This needs to be done on A4 paper. There will also be prizes for the artwork competition.

You can enter both the art and poetry competition. The competitions will be judged by the Wellbeing Council.

Closing date: Friday 11th March and entries handed into me.

### Wellbeing Council

The Wellbeing Council have been working hard during the last half term to support wellbeing in our school community. They have created Kindness Charters, led Collective Worship as well as having a key part in Children's Mental Health Week. This half term they will be focussing on:

- Creating a School Garden
- Creating a worry box to support children who need help and support with any worries they have
- Leading Collective Worship
- Litter picking around the school site
- Putting together our first 'It's Cool to be Kind' day
- Judging the Kindness poetry/art competition

I have asked a few of the Wellbeing Councillors to explain why they are enjoying the role.

Olivia said " I like being a Wellbeing Councillor because I get to help everyone and also come up with ideas of how to make the school a better place."

Isla said " I like being a Wellbeing Councillor because you get to create lots of fun ideas."

Tilly said "I like being a Wellbeing Councillor because I really like helping people."

## Website suggestions for parents/carers

Here are some great websites which support children's mental health and wellbeing.

