

# Wellbeing Newsletter

Ryhill Junior, Infant and Nursery School SUMMER TERM 2021

## Mental Health & Wellbeing

### What's been happening this term?



It has been another term where things have been far from 'normal' in school. As always though, our children and staff have continued to amaze us, showing incredible resilience, flexibility and positivity. We have continued to ensure that the health and wellbeing of all pupils and the school community is a priority - as you will see from some of the events and actions we are able to share with you through this newsletter.

We are very hopeful, given the latest guidance, that things will be a little more normal from September. We will, of course, keep you updated and want to reassure you that the safety and wellbeing of all children will continue to be the most important thing to us and therefore, any and all changes that we make will be made with this in mind. I would like to thank you all for your continued support throughout what can only be described as a very challenging year!

We hope you all have a very safe and happy summer!  
Mrs Kenyon.

## Signposting

Below are the key staff and information points in case you or your child need any further advice or help dealing with mental health or wellbeing issues:



**Mrs Kenyon** - Pastoral Lead (wellbeing) & MHFA  
**Mrs Shuttler** - Learning Mentor & MHFA  
**Mrs Byers** - Mental Health First Aider  
**Mrs Pauline Pollard** - Health & Wellbeing Governor



**Wellbeing page** on our school website:  
<https://ryhillschool.org.uk/keeping-healthy-safe/wellbeing/>

**Samaritans.** Call: 116 123

**Childline.** Call: 0800 1111

Local support for young people: <https://wf-i-can.co.uk/>

## Healthy Eating Week

This term we completed the BNF Healthy Eating Week challenge to 'find the healthier you' by completing tasks in class and at home linked to 5 main themes: knowing the facts; making healthier choices; planning for success; being the chef and keeping moving!

We took the opportunity to learn about and reflect upon our lifestyles and think about the different choices that we could make in order to improve our health and wellbeing - particularly around what we eat and drink.

Here are our Year 2 children completing a task about the Eatwell Plate...



## Luggage for Life

It is with great sadness that we will be saying goodbye to our lovely Year 6 pupils at the end of this term as they leave us to embark on their secondary school education. I'm sure many of us remember what an exciting but overwhelming and daunting time this can be! With this in mind, we organised for Wakefield's Community Navigators to complete a 10 week course with Class 6 which focused on preparing them mentally and emotionally for the changes and transition ahead of them.

# Summer Wellbeing News

## Stop Hate, be a Mate



We were really excited to be invited to take part in Wakefield Council's Stop Hate be a Mate postcard project this term. Children in classes 1 - 6 completed lessons about hate crime and about the importance of kindness and consideration - especially towards those who are different from us. Our children amazed us by making their own individual promises where they considered their own actions and the impact they have on others!

We are really proud to be part of such an important and valuable project.



## Breakfast Club

Our Breakfast Club Menu has recently had a little bit of an overhaul!

We have committed to helping reduce the amount of sugar in our pupils' diets as part of our focus on health and wellbeing. We have started by removing high-sugar cereals and replaced them with healthier alternatives such as Weetabix and Shredded Wheat. We've also made sure that there's healthier bread choices, fresh fruit and fresh milk every day. The children have been fantastic with the changes so far...and they still get to enjoy some of their old favourites on Friday Treat Day!



## Pupil Voice

This term, our pupils have had several opportunities to share their thoughts and feelings with us, including completing some pupil interviews about our new SCARF (PSHE) lessons and KS2 pupils have taken part in our Wellbeing and Attitudes to Learning Survey.

Children in Classes 3-6 have also looked at the results and statistics from the Wakefield Health Survey for children and young people, such as how active primary aged pupils are and how children feel about themselves. Our pupils shared their thoughts and ideas about the results and suggestions of what we could do to improve them. We will use their ideas and suggestions when reviewing our action plans for next year!

## What's happening next term?

We will be working with Wakefield Council to train some of our pupils to be Wellbeing Champions...Watch this space!

As, hopefully, we return to more 'normal' routines from September, we will be working on increasing our offer of wellbeing activities such as Yoga and mindfulness colouring at playtimes and lunchtimes.

We will continue to work with a Primary Practitioner for CAMHS to support pupils and families through the **Future in Mind** programme.

We will continue work with Wakefield Council on maintaining our **Charter Mark** award by completing reviews, evaluations and creating new action plans with even more plans for future progression

