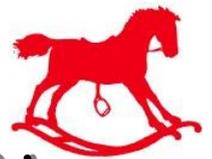




Surrey Street Primary School



CALENDAR DATES & INFORMATION

May 2017

It's hard to believe we are five months into this year already and the summer holidays are fast approaching. Life at Surrey Street Primary shows no signs of slowing down with the school calendar still being very much full! This month's newsletter continues to showcase the busy and varied activities that happen throughout the school term. This month we focus on the importance of good mental health & wellbeing.....

How does Surrey Street promote wellbeing?

Our focus is to raise attainment and achievement by improving the health and wellbeing of both staff and pupils. Research has shown that if wellbeing is a high priority within the school environment it can help improve behaviour, learning, emotional literacy and mental health. There are several exciting and innovative ways that we promote good mental health and emotional wellbeing at Surrey Street Primary.

Noun: wellbeing
the state of being comfortable, healthy, or happy.
"an improvement in someone's well-being"

Welly Wednesdays In Early Years

Children in Early Years have access to the outdoor environment daily. In addition to this each class will spend a whole day learning in our school gardens and woods- 'Welly Wednesday'. This was developed in line with the Natural Thinkers programme that supports teachers in connecting children with nature, through practical activities that are inspiring and motivating.

Family Gardening Club. Fridays 3.30 pm – 5.00 pm

As well as giving parents the opportunity to spend quality time with their children, gardening has many positive attributes:

- * Looking after plants gives us a sense of responsibility.
- * Gardening allows us all to be nurturers.
- * Gardening keeps us connected to other living things.
- * Gardening helps us relax and let go.
- * Working in nature releases happy hormones. Levels of serotonin and dopamine (hormones that make us feel good) rise and the level of cortisol (a hormone associated with stress), is lowered.
- * Being amongst plants and flowers reminds us to live in the present moment.
- * Some more physical aspects of gardening e.g. digging allow us to vent our negative emotions in a productive way.



We are Place2Be Mental Health Champions

Place2Be's mission is to enhance the wellbeing and prospects of children and their families by providing access to therapeutic and emotional support in schools, giving schools resources to put children's emotional wellbeing at the heart of their education, to tackle stigma and provide professional support. More details on future activities and incentives will be communicated nearer the time. If you want to find out more log onto www.place2be.org.uk.

Fun Yoga Sessions

Early Years have recently been trialling random 5-minute yoga sessions throughout key points of the day to help them refocus and they love it! We hope to replicate this across all year groups soon. Subscribe to the [Cosmic Kids Yoga](#) page on YouTube to find out more or even join in!

Yoga helps children to:

- ◆ Develop body awareness
- ◆ Learn how to use their bodies in a healthy way
- ◆ Manage stress through breathing, awareness, meditation and healthy movement
- ◆ Build concentration
- ◆ Increase their confidence and positive self-image
- ◆ Feel part of a healthy, non-competitive group



BST is changing...

The Behaviour Support Team has rebranded and have become the Wellbeing Team (WBT)

What do we do?

- ☺ support children with emotional needs
 - ☺ support children who sometimes struggle with their behaviour
 - ☺ carry out sessions on anger management, self-esteem, emotional literacy, nurture, social stories, social skills, play therapy and friendship skills
 - ☺ We are part of the Place2Be mental health champion training and have created an action plan to meet the needs of our pupils
- Our main aim is to encourage and support children who are experiencing difficulties, working with them so that they can achieve their goals. Our team sometimes work within the classroom, supporting individuals or groups and we also have four specialist rooms where we can carry out 1-1 or small group sessions.



Meet Rocco & Jimmy our Wellbeing Team Guinea Pigs.....



Research shows that animals may help children in the following ways:

Interaction: Children tend to interact verbally and socially for longer periods, enjoy themselves more, are more aware of their surroundings when playing with animals rather than with objects.

Teaches Responsibility: Owning an animal is a big responsibility and children learn a lot about the animal's needs.

Empathy: Bonding with an animal is thought to encourage empathy towards other humans and animals.

Positive Mood: Interaction with an animals tends to improve mood and promote positive emotions.

Anti-stress: A link exists between animals ownership and anxiety reduction. The presence of an animal can reduce the amounts of cortisol, a stress-response hormone.

Learning: Although it's not known if the brain benefits directly from owning an animal, animal ownership does seem to assist in learning. The presence of a pet improves motivation and speed when completing tasks, and increases listening skills and concentration.

Even reluctant readers are often willing to read to an animal if they think they are listening. It can also be a cognitive boost when children work out games for the animal or try to train them

Provides Companionship: Anyone who has ever owned a much-loved pet will understand the strength of the bond and the friendship that grows between owner and animal.

Aids Communication: Animals have an instinctive way of understanding children even without verbal communication. Animals can also be used to help children open up about their problems.

Did you know? A WBT Fact!

These are some of the ways WBT promote wellbeing in school:



Playleaders run lunchtime sessions for Years 1 & 2 playing a variety of fun games promoting friendship & sharing.

Playground buddies work at lunchtime looking out for & helping children on the playground who maybe upset or have no one to play with.

Dinner hall monitors work at lunchtimes encouraging children to eat their school dinner and help the midday supervisors to clear the dinner trays.



Milk for next half term is **£7.00**

Please put money in a sealed envelope with your child's name and class on the front by

Monday 22nd May

Please post your envelope in the red letterboxes.

Dates for your Diary

First Half Summer Term

Wednesday 19th April - Friday 26th May

Half Term

Monday 29th May- Friday 2nd June

Back to School

Monday 5th June

Thursday 4th May

Year 4 to Luton Town Football Stadium (£5)

Friday 5th May

Rose Assembly

Year 5 to Knebworth House & Playgrounds (£8)

Monday 8th May

3.30 - 5pm Year 4 Cooking Club for 3 weeks
£5 voluntary contribution

Tuesday 9th May

Year 3 to St Albans Verulamium (£6)

Friday 12th May

Learner of the Month Assembly

Monday 8th May - Thursday 11th May

Year 6 SAT's week with 8am Breakfast

Friday 12th May (starts Friday 28th April)

Family Growing Club

3.30 - 5.30 pm every Friday for 5 weeks

Friday 19th May

Year 3 Assembly

Monday 22nd May

30 Year 6 pupils to Bedfordshire University Workshop. Details to follow.

Wednesday 24th May

30 Year 5 pupils & 30 Year 4 pupils to Bedfordshire University Workshop. Details to follow.

Friday 26th May

Year 4 Assembly

Year 2 Florence Nightingale Workshop

Surrey Street Football League

This term sees the birth of the Surrey Street Football League. Children in years 4, 5 and 6 who attend football club have been split into four evenly-matched teams who will compete against each other on Tuesday afternoons after school between now and the end of term. Matches will take place on the bottom field. Each team will have their own team name. The results will appear on the school website as well as an updated league table. Participation in the school league is dependent on attendance at training and behaviour in school.

