



At All Saints' CE Primary, we are 'Children of God'. We wear our crowns with pride. Together we are Included, Involved and Inspired.



This half term at All Saints' we had a Wellbeing Challenge Week to support Children's Mental Health. Each day we did something to focus on our mental wellbeing. We **INCLUDED** our whole school community with the events, Mrs Macro planned the event but it **INVOLVED** everyone working together to make it happen.




Place2Be's CHILDREN'S MENTAL HEALTH WEEK

All Saints' Wellbeing Challenge Week supporting Children's Mental Health & Taonga School
14th -18th February 2022

Musical Monday - Share a favourite music track with friends or family at home/school
Taonga Tuesday - Non-Uniform Day with donations for Taonga School & Place2Be in school
Wiggle Wednesday - Enjoy a dance session from Hazelwood Dance via ZOOM in school
Thinking Thursday - Learn a new way to help your 'thinking' brain at home/school
Feel Good Friday - Free Choice to do something that makes YOU 'feel good' at home/school

There will be more information shared each day on Class Dojo/Tapestry and the School Facebook giving you some extra ideas linked to each day of our Wellbeing Challenge Week, so please look for the updates.

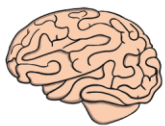
Make mental health a priority

A child's mental health is just as important as their physical health and deserves the same quality of support.

HAZELWOOD Dance Studios



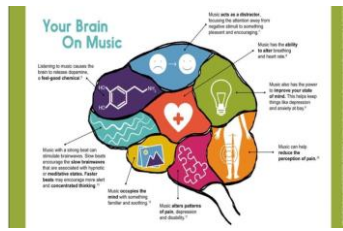
On Monday we enjoyed **MUSICAL MONDAY**, Mrs Macro asked all the All Saints Staff team to share their favourite 'feel good' music track and these were shared with the children and the parents. Classes also made their own class music lists to share and enjoy. Many of the children were **INSPIRED** by the choices of others. Everyone spent some time thinking about how music makes us feel. You can take a listen (if you have Spotify)



at:

<https://open.spotify.com/playlist/4oTlBYbAv2UedOXmclfoRl?si=Z4xR3Z31RnSGq8EWKL-9NA>

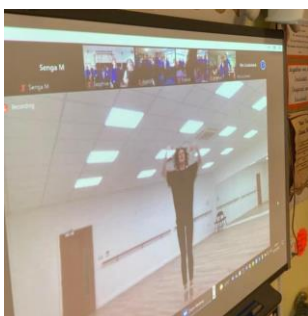




On Tuesday it was **TAONGA TUESDAY**, Taonga School is our link school in Africa and we all wore non-uniform and donated some money for them. Today we thought about how helping others makes us feel, not just money but time, thoughts and prayers. We raised £199.



On Wednesday it was **WIGGLE WEDNESDAY**, Mrs Macro did a Wellbeing Wednesday assembly and then Miss Caroline from Hazelwood Dance Studios lead us in learning some dance moves with some great feel-good music too. Moving and exercise is also good for our mental health as well as our physical health.

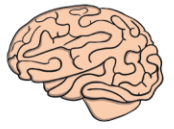




On Thursday it was **THINKING THURSDAY** and we learnt some different ways to cope if our feelings get too big to handle and ways that may help us.



On Friday Storm Franklin meant we went back to remote learning as it was not safe to be in school. It was **FEEL GOOD FRIDAY** so all the teachers set tasks for the children to choose to do something that makes them feel good. Mrs Cutter found some great Art tutorials that she shared and many of the children completed Mindfulness activities at home so everyone could still get **INVOLVED**.



Wellbeing Challenge Week was a great opportunity to give our mental health a priority. It gave the whole school community time to think how they could look after themselves and each other. At All Saints we value the importance of our mental wellbeing and look forward to hosting more events with our Wellbeing Team.

