

# Sebert Wood Primary School

## *Wellbeing Newsletter*



Friday 21<sup>st</sup> July 2023

Dear Parents and Carers,

Welcome to our final Wellbeing newsletter of this school year. The school community have all been so busy during this final term. Some highlights were the King's coronation events, sports days and school trips. As well as these, there has been testing taking place in every year group, which the pupils took in their stride, showing both resilience and readiness.

Now we are coming to the end and looking forward to new ventures in September. As our Year 6s leave us, we wish them all the very best in their secondary schools and thank them for their contributions to our school community. We look forward to you all again in September and wish you all a great summer.

### Starting a new year

Just like adults, children cope with changes and transitions in different ways, some people breeze through with excitement and others feel anxious and need more support. At Sebert Wood we are very mindful of these differing needs and we plan our transition to new classes carefully and with a great deal of thought. However, parents/carers play a vital role in helping this to be a positive experience for our children. Here are some tips for supporting your child with this:

Be positive! How you react to change will strongly influence your child and if you feel anxious they will too.

Talk about the positive elements of change—new experiences, new opportunities, new topics and meeting new people.

Focus on the constants for your child, the things that will be the same. They will be moving class with their peers so their friends will still be with them, they will still see the adults they are familiar with and many routines will be the same.

Listen to any concerns but don't go looking for them— remember that most children will be excited about the move and are more than ready for it.

### Summer holidays

Whilst it will be lovely for families to spend quality time together during the summer holidays it can also be a time that can cause stress for some families due to clashes with work or finances. This is a link to a useful article which includes tips and ideas for parents/carers: <https://www.guidetolife.co.uk/summer-break-wellbeing/>

<https://www.barnardos.org.uk/blog/5-tips-maintaining-good-mental-health-during-summer>

<https://www.youngminds.org.uk/young-person/blog/five-ways-you-could-look-after-your-mental-health-this-summer/>

## Words of encouragement



## Wellbeing Champions

As a school, we are so proud of our very first Wellbeing Champions. They have all given up their own time to be available to help and support others. As a celebration, our final meeting together was a mini tea party. Thank you WBCs, you have all been amazing!

In September, pupils in Year 5 and 6 can again apply to become a WBC. We are hoping that the same enthusiasm shown this year will continue.



## Some of our WOW moments this year

Year 6 - You did an amazing job with your SATs. You all demonstrated readiness and resilience during that week. Each of you should be very proud of yourselves and your results were fantastic!

Year 5 – Well done for pulling together as a whole year group and putting on a wonderful performance of Ali Baba. The performance and you were marvellous.

Year 4 – Congratulations on your team work, maturity and bravery whilst taking part in your Crime and Punishment Performance. You were all brilliant!

Year 3 – When some very mischievous dragons came to Year 3, causing havoc and mess, you were all fantastic at keeping calm and working together to tidy up the chaos. Amazing team work everyone, well done.

Year 2 – WOW! You all showed resilience and bravery whilst undertaking your SATs. Well done, you are all superb !

Year 1- At Christmas, you were so incredibly brave during your nativity performance. Also, your behaviour at Banham Zoo was exceptional, you were all so polite and followed instructions carefully. We are so proud of you all.

Reception – You were so sensitive and sensible when you were hatching the eggs and when the chicks had hatched. Everyone was so quiet, so you didn't frighten the chicks and you all listened really carefully on how to look after them. You are all incredible!

Nursery – Every time new children start nursery, you have all been friendly, respectful and kind. This has really helped everyone settle in and create a supportive and caring environment. You are all so great.