



Health and Wellbeing Newsletter

June 2018

Our Summer Health and Wellbeing day was centred on the 5 ways of wellbeing; be active, give, keep learning, take notice and connect. A mixture of games, workshops and small group activities were used to cover these areas.



EYFS began their day by moving to music and expressing themselves in yoga. They discussed feelings in circle time and worked collaboratively with older siblings about kind hands.



Children in Key Stage 1 went on a scavenger hunt to help promote their awareness of the outdoor areas. They expressed themselves during yoga and managed a budget for the summer fair. As part of give, they wrote thank you letters to family and friends and thought about how they could keep in contact with distant relatives.



In Lower Key Stage 2, children took part in a first aid workshop. They learnt how to give basic first aid to someone with a burn and how to save someone from choking. They discussed how to build strong friendships with compliments and had fun playing dodge ball as part of being active.



In Upper Key Stage 2, children learnt about puberty in particular the physical changes their bodies will go through. Year 5 took part in a Heart Start workshop with the local fire brigade, who showed them how to administer basic CPR. Year 6 discussed gender identity using the story 'Are You a Boy or Are You a Girl?' and took part in a refugee and migration workshop delivered by the Red Cross.



Staff Health & Wellbeing

Staff wellbeing at Pikes Lane is very important. At the beginning of the term, teachers were given a wellbeing day out of class to write reports.

During the Health and Wellbeing day, the day began with a 20-minute exercise HIIT session for all staff. Throughout the day, staff were visited by a qualified Sports Rehabilitator and given a 15-minute shoulder and back massage. At lunchtime, staff were provided with a free lunch and children and staff took part in a teacher v. children dodge ball game. Even though the teachers got beat, everybody had lots of fun and all enjoyed the competition.

