



Health and Wellbeing Newsletter

Autumn Term 2018

Clubs Afternoons

Our popular clubs afternoon has continued this term with a variety of new clubs for the children to choose from. In years 1 to 3, the children have been able to choose from: **music, yoga, circle games, cartoon club, lego club, sewing, painting and super science club**. In years 4-6, the children have been able to choose from: **friendship bracelet club, craft club, photography, puzzle club, indoor games, outdoor fitness and cross-stitch club**.

These sessions are on specific Monday afternoons from 2.10pm until 3.10pm. Our next sessions are on **Monday 21st January, Monday 28th January and Monday 4th February**.

Compass Buzz Level 2 and 2 Training

Members of the Aspin Park Health and Wellbeing Curriculum Group completed the Level 2 and 3 Compass Buzz mental health training this term. This training focussed on the early identification of need, common mental health problems and strategies to deploy when supporting young people with mental health problems.

Ash the Dog

Children in Year 5 and 6 have enjoyed reading to 'Ash the Therapy Dog' every Friday afternoon this term. Ash brings his owner, Mr Lee with him each week and they meet a number of children, who take it in turns to read to Ash in the library. Ash seems to enjoy hearing the children read about animals (with the exception of cats!).

PSHCE (Personal, Social, Health and Citizenship Education)

This term, our whole school themes for PSHCE have been Democracy, Internet Safety, Me and my Relationships and Anti-Bullying. Next half term we will be focussing on Me and My Future, Careers Education and Personal Finance. An overview of what we are covering over the course of the year is on the school website, as is our current PSHCE policy.

Seeds of Success

Our 'Seed of Success' for the past half term has been **Courage**.

This has formed the focus for many of our assemblies and class discussions. Next half term we will be focussing on **Ambition**.

Pastoral Support

Mrs Leigh provides additional pastoral support to children across school on Wednesday and Thursday afternoons. Please do get in touch if you feel that your child would benefit from this. Either phone or email to admin@aspinparkacademy.org

Rotary End Polio Campaign

On Tuesday 11th December, we welcomed back to school, Mike Dixon and Brian Souter from the Knaresborough Rotary club. Members of the school council presented them with a cheque in assembly for £204.49, which thanks to the Bill and Melinda Gates Foundation, will be worth £613.47 to the End Polio campaign.

Thanks to everyone who very kindly donated to this very worthwhile cause. We now look forward to watching the crocus bulbs flowering in February!



Nut Allergies

We have a number of children and adults in school who are allergic to nuts.

Please could we remind you that nuts or products containing nuts (eg Nutella, Bakewell slices) should not be brought into school.

Many thanks for your support with this.



NSPCC

On Monday 11th March 2019, members of the NSPCC will be visiting Aspin Park to talk to the children about their key beliefs that all children have the right to:

- be listened to
- stay safe and not be hurt
- get help when they need it.

