



### Flowers by 10P



We have enjoyed exploring our wellbeing and strategies to support us to be healthy, happy and comfortable. We have tried regulation breathing activities, animal yoga, making bird feeders and affirmation flowers! We are also growing some cabbages on our balcony!!

A pupil from Class 9W and Julie (Intervention) made a mandala pattern, using natural materials.



### ELM Class



ELM Class have been improving our mental wellbeing by using mindfulness while connecting to nature. They have been hugging trees, making nature mandalas, smelling flowers, and bringing focus to the things around us like a breeze of air, tiny grass blades and the texture of the tree. They have also been noticing the clouds and world around us.



## YEW Class



The children in YEW Class have been engaging with a wide range of activities as part of mental health awareness week. They have been cloud-spotting, went on a binocular walk, mini beast hunting, completed mindfulness nature colouring sheets, splashed in puddles on the rainy days and we even had a session of 'stillness' where we lay on blankets and listened to a soundtrack of bird song, a flowing river and rain. We also created flowers ready for a school display. The children chose a colour that made them happy and then a mantra for in the centre such as I am brave, I am happy, 'I am kind' that describes how they feel about themselves. The flowers look lovely and the children are excited to see them on the display. Throughout all these activities we have reinforced how these activities can help to keep us calm, happy and feeling positive.



## HAZEL Class

HAZEL Class worked hard in Forest School to create a natural mandala. The pupils worked in pairs to collect a variety of natural material, they then discussed what pattern they wanted to create, which was a circle. They all worked together to create a beautiful pattern. After we held hands and each made a special wish. Great work Hazel Class!

We have also been making beautiful flowers for the whole school flower display to include our special messages. Thankyou Hazel class for your hard work as always and these will undoubtedly look fantastic in the display. Wyll worked very hard and made a beautiful flower covered with gemstones.

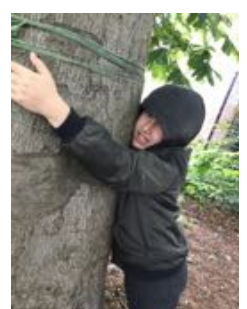




## MAPLE Class

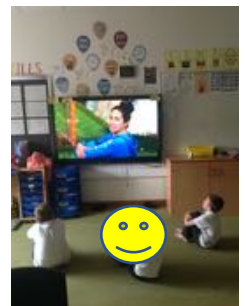


MAPLE Class have been connecting with Nature as part of our focus on wellbeing. We talked about how being outside in green spaces is good for us. We listened to the birds and smelled the flowers but the most popular wellbeing activity was definitely hugging the great big Horse Chestnut tree.



## The Bridge

Bridge pupils have been making flowers, emotions biscuits and doing yoga as activities to boost our wellbeing.



## A budding Year 11 artist!

Year 11 artists enjoyed the fresh air and bird song whilst drawing trees and landscapes. They didn't even mind a few spots of rain!

## BIRCH Class

This week BIRCH Class have been connecting with nature for mental health week! We have done yoga outside on the playground and completed movements linked to different woodland creatures and natural elements. We finished off our session by cloud watching! We had lots of fun.





**Class 9W**  
 9W have been learning about the water cycle, they all made their own water cycle and explained to the class the different stages of the water cycle. We then went outside to look at the different types of clouds. This also linked into mental health week, being outdoors with nature.



**OAK & PINE**  
 OAK and PINE have enjoyed working together to find natural materials in forest school to create a giant flower. They also used magnifying glasses to study bugs such as slugs and centipedes up close, some even enjoyed being buried in the dirt!



**13B**



Some of Class 13B boys have been busy being creative for the school's mental wellbeing display. As you can see from their pictures, they have really enjoyed making flowers!

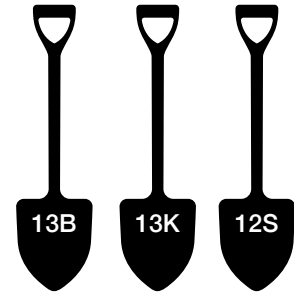


**13K**

13K are busy clearing a corner of the allotment as a Wildflower area with seating for mindfulness and reflection.







Thank you for the kind donation from a school Parent of some lovely growing kits. Our students have taken the responsibility of keeping them watered.

WFS Allotment gives our students quality time outside the classroom environment. Many students enjoy being out in the fresh air working independently or together in a team taking on many different projects.

**These are the words that our students feel when working on our WFS Allotment and when they're outside with NATURE.**



Happy



fun



calm



relaxed



peaceful



helps



stress



**New project landscaping**

Working on a corner of allotment.

Students will be turning it into a sensory and relaxing, wellbeing garden

Many thanks to all the parents who replied to our recent wellbeing questionnaire. Your responses have been really useful in contributing to our development plan for the next few years...We felt it was important to feedback key points and what we will be doing about it...

### You said this...

That you were happy (79%) with the way we approach wellbeing and also expressed confidence with the support that school would provide for any pupil with a wellbeing issue (88%)

### You also said this...

That WFS would be your first contact point if you identified a wellbeing issue rather than the doctors or CAMHS although you would like more communication to keep you updated about the wellbeing of your child in school

### You also said this...

You would like to find out more about how to support your child with their mental health / wellbeing (78%) and some of you have ongoing concerns about your child's wellbeing (35%)

### We will now do this...

- Provide regular mental health and wellbeing updates on the newsletter
- Put a wellbeing mental health page on the website
- Include wellbeing in our parent information / feedback sessions
- Provide the names of key staff who can provide support or signpost you to support with wellbeing issues

If you have any concerns about your child's mental health or wellbeing please contact your class teacher first of all. If you need additional support then please contact Alison Hopkins (Assistant Headteacher) or Brian Thomas (Deputy Headteacher).

Your preferred word for us to use in school for mental health is...

Healthy Mind