



HOLLY PARK NEWSLETTER

ISSUE 25

Friday 1st April 2022

www.hollyparkschool.co.uk

WELLBEING NEWSLETTER

This week was our annual Wellbeing Week at Holly Park.

As part of our Wellbeing Week had our own Walk and Wheel to School Week. Leaving the car behind at least one day a week would be something good to try OR driving part way to school and then walking or wheeling the rest of the way – we call this 'PARK and STRIDE.' Well done to everyone who walked or wheeled to school. Keep it up!



On Monday the Wellbeing Champions led assembly and introduced Wellbeing Week. They also updated on their plans for the Wellbeing garden.



The theme of the wellbeing week was centred around the NHS 5 steps to wellbeing.



MONDAY was CONNECT

In class the children learned more about their classmates - sharing interests and hobbies



TUESDAY was BE ACTIVE

The classes did some extra exercise - Go noodle. Take ten or the daily Mile



WEDNESDAY was KEEP LEARNING

Each lesson the children were encouraged to share with the rest of the class what they actually learned in that lesson.



THURSDAY was GIVE

We encouraged the children to do random acts of kindness in class - giving compliments, playing with lonely children, holding doors, helping with a learning task, comforting others, being upstanders etc



FRIDAY was TAKE NOTICE

Teachers talked to children about being present in the world - we do too much TV, computers, mobile phones etc. We need to take more time to look at the world around us. The children were encouraged to do some mindfulness colouring, or mindfulness meditating or play mindfulness music



IN ADDITION - today was also Dress to Express Day. Children were encouraged to wear clothing that expresses who they are or their personality e.g A sports kit, a favourite colour, a favourite season, their nationality etc



A whole school activity has also been set over Easter- a scavenger hunt/bingo activity to encourage children to get out into nature and to find things in the world around them when they are out and about e.g a birds nest, a tree, a ladybird, a daffodil etc. This has been uploaded onto Google Classroom. We would love to see some photographs (on Google Classroom) of the children out and about looking for the objects.

