

St Albert's Catholic Primary School

Wellbeing Newsletter Friday, 13 March 2020

www.stalbertsprimary.co.uk

Wellbeing Newsletter

Welcome to our first wellbeing newsletter, this will be sent out each term keeping you up to date on what is happening at St Albert's and locally. Here at St Albert's school we feel that the wellbeing and mental health of all our children is just as important as their Math and English skills. For children to be able to learn they need to feel secure, happy and able to self-regulate.

Wellbeing Award for Schools

As part of our focus on Wellbeing we are trying to achieve the Wellbeing Award for Schools. Many of you may already be aware of this and I would like to take this opportunity to thank those who have taken time to complete the online survey sent out earlier this term. We hope that in completing the award we can show the emphasis we place on wellbeing at St Albert's.

Wellbeing Champions

We have several wellbeing champions appointed across the school. These are currently Mr Breen, Mrs Deyes Miss Delahunty, Miss Prior and Miss Rimmer. Please talk to your children about how they can approach these adults in school if they have any wellbeing issues such as worries about friendships, schoolwork or any other anxieties.

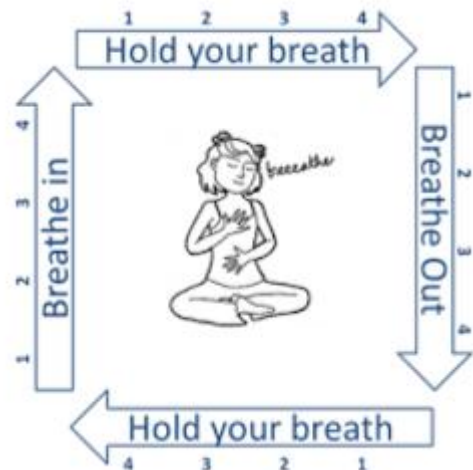


Magic Breakfast

We are continuing to enjoy our daily bagels every morning in class. The bagels are provided by the National School Breakfast Programme (NSBP), which is funded by the Government and delivered by the charities Family Action and Magic Breakfast. The aim of the Magic Breakfast is to ensure that no child starts the school day feeling hungry. We have started to notice some of the benefits of offering part of a breakfast in school such as a positive impact on punctuality, quieter starts to the morning and improved concentration to ensure that children are ready for a day's learning.

Try a little Mindfulness

Square breathing helps to regulate your breathing and helps you to relax. Why not try this breathing technique with your child?



Mindfulness Colouring

Studies show that there is a clear correlation between mindfulness and art therapy. Calming colouring pages, along with other tasks with predictable outcomes such as drawing, journaling and knitting, are a perfect de-stress-er activities and do wonders for relaxing your mind. Please enjoy the colouring page on the back of this letter.

At St. Albert's, our mission is walking together with Jesus to

LOVE, LEARN AND SERVE

Our vision centres around the 'CHILD'

C for the Child, H for High Expectations, I for Inspirational & Memorable, L for Listening and D for Dreams and Doors.