



9th January 2023

Dear Parents and Carers,

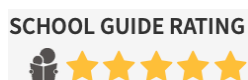
RE: Wellbeing challenge for your children

We would like to introduce ourselves, we are the Wellbeing Ambassadors from year 6. Our job is to support Mrs Saville who is the wellbeing and mental health lead to support the wellbeing of pupils in our school. We have been fully trained by Caroline Sidell (parent) and would like to tell you about a challenge we have set up for your children. Later in the year, the Year 5 wellbeing ambassadors will be trained to work alongside us and take on the role when they are in Year 6.

We are launching a '5 Ways to wellbeing challenge'. Your child will be given a book mark this week which they can decorate the blank side of with pictures to show the five ways of wellbeing and they can earn a small stretchy unique person (for doing one thing from each of the 5 ways to wellbeing) and ultimately earn their orange wellbeing star! (for doing 2 different things from each of the 5 ways to wellbeing and committing to continue this work). This is very exciting! There is a space for you to sign once they have done them. We will be introducing this in Time to Shine Assembly on Thursday but wanted you to know about it ahead of this. We think it will be really fun!

The five ways to wellbeing are:

- **Connect-**: talk and listen, be there, feel connected. Children can show this in many ways including: talk to your friends and family, help a friend or neighbour, eat a meal with your family, make a new friend, say hello and make someone feel included/ welcomed, bake some cakes and share them.
- **Be active**: do what you can, enjoy what you do, move your mood. Children can show this in many ways including: dance to your favourite song, walk a dog, hula hoop, join a sports team/club or take up a new physical activity, play a game in the playground, walk or cycle to school, help in the garden, run a race with friends, make up your own sport.
- **Take notice**: Remember the simple things that give you joy. Children can show this in many ways including: look what you can see out of your window and how it changes, paint or draw a picture of what you've seen today, have a daily day maker- something that has made you happy each day and share it with a parent/carer, think about how you are feeling today, listen to the sounds of nature like the wind and rain, play I spy, notice how your friends or family are feeling today- ask them how they are.
- **Keep learning**: embrace new activities, see opportunities, surprise yourself. Children can show this in many ways including: learn a new word each day, visit a museum or art gallery, try out a musical instrument, do a word search, try a new food, learn to cook a new recipe, study an animal or bug, visit a new place, write a story or song.



PROUD TO BE A
MUSIC MARK
SCHOOL

Ashton Keynes C of E Primary, Gosditch, Ashton Keynes, Swindon, Wiltshire SN6 6NZ

Head Teacher: Mrs. S. Saville

Tel: 01285 861436 email: office@ashtonkeynes.wilts.sch.uk website: www.akps.org.uk

- Give: your time, your words, your presence. Children can show this in many ways including: smile and say thank you, make a homemade present or card for no reason, hold a door open for someone, give someone you love a hug, send your old toys to a charity shop, share with others, help around the house - wash the dishes or do some dusting, listen to someone else and how they are feeling, make someone's day and make them smile!

Monday 6th - Friday 10th February is Children's mental health and wellbeing week and we are helping Mrs Saville organise a brilliant week for pupils and staff and would like to extend to families so you can join us for 5 exciting workshops after school that week. We will also be raising some money for Place 2 Be a children's mental health charity doing a special 'Dress to Express' day on Friday 10th February. We have attached a letter for you about this so you can add the dates to your calendars and we will let you know what workshops are on offer during the week once we have finished planning it.

Thank you for your support and we hope your child looks forward to earning their flexible stretchy person and orange wellbeing star!

The AKPS Wellbeing Ambassadors

Ellie, Arthur, Flora, Freddie, Harriet, Nate & Jemima



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