



Lady Banks Primary School Wellbeing Update Summer Term 2024

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ambition, togetherness, opportunity, respect, curiosity, happiness



Wellbeing Award Update.

for Schools Spring

Last term we celebrated Children's Mental Health week with assemblies and activities and Dress to Express Friday which raised an amazing amount of money which we split between Place 2 Be Charity and Lady Banks Primary School. This year we will be using the money to buy new books all focussed on themes of wellbeing as well as continuing to support all of our invaluable ELSA intervention programme.

We also launched our KS1 and KS2 playtime wellbeing boxes which FOLBA have kindly funded. These boxes are outside on the playgrounds at morning play on dry days and contain games and activities for the children to use if they prefer quieter calmer activities. The Safety squad children from each year group are helping to facilitate and look after the boxes.

We relaunched our KS1 Worry monsters in the classrooms and with the help of FOLBA have purchased and launched new KS2 Worry boxes in the KS2 classrooms.





Staff and children from Reception to Year 6 enjoyed assemblies and workshops from Big Foot Company about Worries and Wellbeing which FOLBA also kindly funded.



The Spring Parent Coffee Morning was held on Friday 22nd March in the lower school hall however the turnout was incredibly low. Following feedback from our Autumn Term meeting there was no agenda or speakers but this was an opportunity for you to meet with other parents, enjoy a coffee and pastry and relax. We will hold one more Coffee Morning this term.

We have shared information about courses and workshops for parents and families via our newsletters and website which we hope have been useful.

This term we will be preparing for Mental Health Awareness week which falls between 13th-19th May. This year's theme is 'Movement: Moving more for our mental health.'

<https://www.mentalhealth.org.uk/our-work/public-engagement/mental-health-awareness-week>

Being active is important for our mental health, so the aim of Mental Health Awareness Week is to help people to find moments for movement in their daily routines. There are so many things you can do to support good mental health: from movement, to spending time in nature, getting enough sleep, spending time doing things you love...and, our favourite, kindness!

<https://schoolofkindness.org/science-of-kindness>

We will also be repeating our Wellbeing surveys with all stakeholders so we will keep you informed on when these will be sent out and thank you in advance for taking the time to complete them.

Our School website pages have been updated and there are links to many useful resources and charities for wellbeing as well as to our school vision statement and strategy on Wellbeing.