



# Five Ways Primary School

Langholm Drive  
Heath Hayes  
Cannock  
Staffs  
WS12 2EZ

Headteacher:  
Telephone:  
Website:  
Email:

Mrs Rachel Mander B.Ed. Hons  
01543 278071  
[www.fiveways.staffs.sch.uk](http://www.fiveways.staffs.sch.uk)  
[admin@fiveways.staffs.sch.uk](mailto:admin@fiveways.staffs.sch.uk)

Friday 19<sup>th</sup> March, 2021

## Wellbeing

Dear Parents,

We are now at the end of our second week back in school, following the Government's roadmap to see us successfully transition out of this current national lockdown. Throughout the coronavirus (COVID-19) pandemic, the Government has recognised that regardless of age, this will be a challenging time for many children and young people. How a child or young person responds to their individual situation, in relation to recent lockdown restraints, will vary greatly. Some may react immediately, some not at all, while others may show signs of difficulty later on. It is important to recognise that in most cases, these are normal responses to an abnormal situation. Below is a link to mental health and wellbeing support that may be beneficial to families, at this time.

[Guidance for parents and carers on supporting children and young people's mental health and wellbeing during the coronavirus \(COVID-19\) pandemic - GOV.UK \(www.gov.uk\)](https://www.gov.uk/guidance/guidance-for-parents-and-carers-on-supporting-children-and-young-peoples-mental-health-and-wellbeing-during-the-coronavirus-covid-19-pandemic)

How a child or young person responds to their individual situation may vary in different ways according to their individual characteristics and circumstances. For example, their age, physical or mental health condition, how they deal with stress, previous experiences or pre-existing mental or physical health condition. Here at Five Ways, we have taken our pupils' wellbeing very seriously and for the past two weeks; our focus has been to support all of our pupils in their return to school, to help them better understand their feelings and their hopes and aspirations for a brighter future. Below details the range of activities that your children have taken part in, with wellbeing being at the heart of each lesson.

**Nursery:** Our children in Nursery have shared a range of stories, helping them to stimulate their imagination and expand their understanding of the world. These stories have included simple morals as well as exploring a range of feelings, including feeling brave, worried, and making friendships. The following stories by Tom Percival have also been shared: 'Ruby's Worry,' 'Perfectly Norman,' 'Ravi's Roar,' and 'Meesha Makes Friends.'

### **Reception:**

For mental wellbeing the children in Reception are exploring thoughts and feelings through a daily circle time and a linked daily activity. The children have shared in the story, 'Rose Returns to School,' and have explored feelings of worry, anticipation and excitement. Picture dice have been used to help promote conversations about lockdown experiences: each side of the dice poses a question e.g. something that was enjoyed, missed, looking forward to. The children are currently sharing the story, 'While we can't hug' to allow children to explore safe ways to show affection to their friends and teachers.



**Year 1:** In Year 1 the children have been completing pieces of artwork and have written a piece of work about their 'favourite lockdown memory.' In addition to this, the children have been completing daily 'Positive Power' activities; identifying skills that they enjoy and are good at. The children have also shared the following stories: 'The World Made a Rainbow' by Michelle Robinson and 'Conker the Chameleon' by Hannah Peckham.

**Year 2:** Through the PSHE and Relationships and Health Education curriculum, the Year 2 children have been exploring their own wellbeing as well as those of people around them. They have been on a friendship walk, walking alongside a friend and having a lovely chat with them. At playtimes, the children have been taught a range of new playground games, with a focus on friendship, rules, turn taking and how to play happily and safely within their 'bubble' space. These friendship and social skills have been transferred to the classroom as well, with play sessions made available to teach them to safely share play equipment such as Lego, Polydron and Jenga

**Year 3:** In Year 3, the children have spent time reflecting on 'what lockdown has meant to them' with them each recording their experiences in words and pictures, on a poster. Following on from this, the children have been designing their own 'mental first aid kits', considering things they can do to help themselves (and others) if they are feeling low or overwhelmed on their return to school. For example: spending time outdoors, calling a friend, speaking to a grown-up. In the Year 3 corridor, the pupils will be collectively creating a collage display of their hopes for a positive future.

**Year 4:** In Year 4, the children have enjoyed a range of wellbeing activities, including mindfulness colouring, sharing of stories and learning about the lives of inspirational people, such as Sir Captain Tom Moore. Inspirational quotes have also been explored, whilst sharing the book, 'The Boy, The Mole, The Fox and The Horse' by Charlie Mackey. Each class bubble is currently in the process of creating a 'Positive Vibes' display.

**Year 5:** The children in Year 5 have been exploring creativity and have each incorporated themes of wellbeing into individual pieces of artwork. Through their PSHE curriculum, the children have explored the following themes: how to connect with each other, the importance of keeping active, ways to give to others, taking notice of people and situations around us, and the importance of knowing how to learn – to strive to keep learning.

**Year 6:** In Year 6, the children are in the process of writing stories and play-scripts, to deliver virtual wellbeing assemblies to the younger classes within the school. In addition to this, a government funded, 6-week wellbeing programme, has been booked for each of our Year 6s, which is being provided virtually through the Family Support Service. Each Year 6 class will have two 1-hour sessions. These will start on Wednesday 21st April and will continue each Wednesday until the end of the 6-week term. Themes covered will include Managing Anxiety and Worries (including social anxiety), Healthy Friendships, Building Confidence and Self Esteem, Managing Feelings and Emotions and preparing for High School Transition.

Today, it has been delightful to see the whole school come together, in supporting the Comic Relief Charity in their annual Red Nose Day. The children have learnt about the history of this charity and the reason why they have worn an item of red clothing/red accessory, today. It has proven to be a lovely way to have ended our second week back at school.



Should you have any concerns over your child's wellbeing, please do not hesitate to contact your child's classteacher, either through your child's Home-Link Book or via the main school office by telephoning 01543278071.

That leaves me just to wish you all a very happy weekend.

Yours sincerely,

Miss J Jones  
Assistant Headteacher

