



Western House Academy
Where every opportunity shapes a life

Wellbeing Newsletter

Issue 04 December 2021

In this issue:

1. Staying Positive in Winter
2. Meet the ELSAs
3. Places to visit near by
4. Bikeability
5. Wellbeing Day 15th November 2021
6. Leaf printing
7. Making a Christmas wreath

Useful Numbers

CAMHS

01753 635645/01628 640300

Samaritans

116123

(This call is free)

Or www.samaritans.org

Mindedforfamilies.org.uk

Turning Point

01753 692549

***We are here if you
need us!***

**Our Mental Health First Aiders
are:**

Mrs Reid – Welfare Officer

Mrs Sawyer – HLTA

Miss Gregory – Child and Family
Support Officer

Mrs Bevan - SENDCo



“ If someone does not smile at you, be generous and offer your own smile.
Nobody needs a smile more than the one that cannot smile to others.”

- Dalai Lama



Important Dates for Your Diary

End of term (1pm) – 17th December

Christmas holidays – 20th December – 5th January

Children back to school – 6th January 2022



Staying Positive in Winter

As the summer sunshine turns into cold, misty mornings we need to remember to stay positive and let the light within us shine and guide us through the autumn and winter. Western House Academy is working towards a Well-Being Award and through this, we aim to improve the well-being in the community.

With a special focus on mental well-being every month, we hope the children will apply and use the well-being strategies they learn in school into their daily life, resulting in our children becoming better equipped with handling uncertainties in life. Remembering to be grateful for what we have, develop a sense of pride in who we are, celebrating our diversity and differences and promoting an environment of caring.

This term we are excited to launch our amazing Wellbeing Ambassadors who will be promoting positive mental health amongst children by raising awareness, finding out how the children feel and what they can do to improve their well-being.



Year 1



Year 2



Year 3



Year 4



Year 5



Year 6



Meet the ELSAs

This term, two of our WHA Key Workers have been taking part in training to become accredited Emotional Literacy Support Assistants (ELSAs for short).

ELSAs are trained by Educational Psychologists to be able to provide bespoke interventions to support children's emotional wellbeing.

ELSAs work with children either 1:1 or in small groups on areas of emotional literacy such as understanding and managing emotions, social skills, friendships and self esteem.

ELSA sessions for selected children will begin in January.



Mrs Mruk

Mrs Mruk works mostly with Year 5.

Mrs Mruk loves spending time with her family and reading. She loves animals and has 3 dogs and a rat!

"I'm looking forward to meeting the children and helping them develop."



Miss Rivet

Miss Rivet works mostly in Year 3 and can also be found in FunZone after school.

Miss Rivet enjoys travelling around the world and has also worked for Mickey Mouse.

"I'm so excited to meet more of our fantastic children next year at WHA as an ELSA."

For more information about ELSA, contact Mrs Bevan via the office or by email on whasend@theparkfederation.org

Evidence shows that time spent in nature is good for our health and wellbeing



Places to visit nearby:

Burnham Beeches

In the space of about one square mile, pocketed away in a largely urban area north of Slough, lies this amazing ancient woodland. Gnarled beeches, natural ponds and abundant wildlife create a fairy tale-like atmosphere, enchanting kids and adults alike.

Burnham Beeches, a National Nature Reserve (NNR) and European Special Area of Conservation (SAC), is famous for having the largest collection of old beech trees in the world. It is the perfect place for combining a pleasant walk with a picnic, BBQ or refreshments at the cafe.

Walking

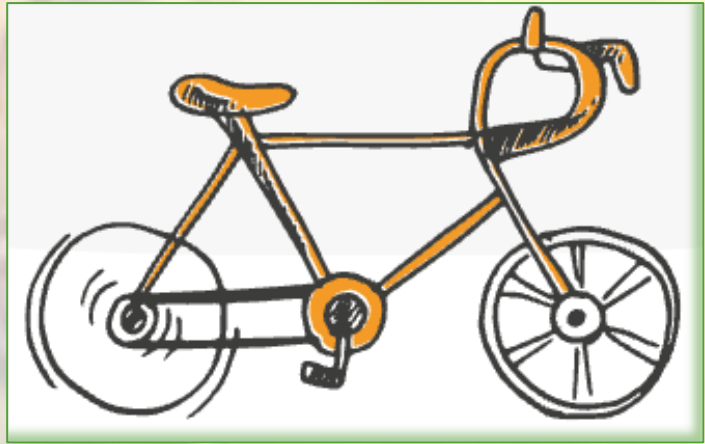
There are several circular walks, which can take anything from 30 minutes to a couple of hours or more. A sensory trail and wooden sculptures provide great fun for kids of all ages. The public footpaths are generally typical woodland paths and the terrain is level in many parts, making for easy walking. The generally little used roads leading through the woods can also be walked.

Activities

There's a large playing field adjacent to the car park, ideal for picnics, kite-flying, Frisbee etc. There are also mid-week and weekend guided walks as well as an events program designed for people of all ages including activities for younger visitors.

Why Bikeability?

Keeping
active



Bikeability cycle training equips children with vital life skills. Pupils not only learn to cycle, they gain independence, social skills and a sense of wellbeing.

After Bikeability, children are better at responding to risk and report increased confidence. As a result, more children cycle to school which in turn improves mental health and wellbeing. This allows children to get more out of the classroom, improving their attention span and engagement. Healthier habits lead to increased attendance and improved academic results. Bikeability goes beyond a training course; it impacts children's lives.

Your children have had the opportunity to receive Bikeability Balance Training from trained instructors during October. This happened throughout the week during the day in small groups in the playground.

Don't worry, if you didn't get the chance to join in this time, the course will be running the course again in the spring!

"Every Opportunity Shapes a Life"



Wellbeing Day – 15th November 2021

Our Wellbeing Days have fast become a highlight on the calendar! November's Wellbeing day was also linked to Anti-Bullying week and during the day the children also took part in activities promoting anti-bullying strategies.

Some highlights of the days so far have been:

Nursery: The children have taken part in Cosmic yoga activities, learnt new games that they can play together and decorated cakes to encourage shared attention, taking turns and sharing.

Reception: The children in Reception started the morning with mindful meditation, calming music and children's yoga to ensure a calm start to the day. They have made a kindness tree and written who is kind to them and why and they have also made pasta friendship bracelets from their friends.

Year 1: Year 1 have taken part in circle time activities to talk about their feelings, identifying what makes them feel happy, sad or anxious and what strategies and coping strategies they could use to deal with negative emotions. They have also been doing activities that promote resilience when things are difficult.

Year 2: The children in Year 2 have made worry dolls. They have also thought about different scenarios where they might feel negative emotions and how they could change these negative emotions into positive ones. They have also been learning that sharing our worries and sadness can be helpful.

Year 3: Year 3 have enjoyed doing mindfulness colouring and discussing scenarios that involve different emotions and thinking of strategies for how to manage these emotions, especially if they are negative. They have also been painting rocks to go underneath the elephant.

Year 4: The Year 4 classes have enjoyed beginning their wellbeing days off with meditation for a calm start. They have also been looking at developing a growth mindset and building positivity alongside exploring strategies to encourage resilience. They have also been painting rocks to go underneath the elephant.

Year 5: As well as creating the amazing elephant that is now standing proudly at the entrance to our school, Year 5 have been exploring how to be more resilient and looking at self-regulation strategies for when they have negative emotions. They have also taken part in cooking Indian food.

Year 6: Year 6 have taken part in the 7 day kindness challenge, completing challenges each day to encourage kindness towards other and themselves. They have also been learning about having a growth mindset, turning negative thought into positive ones and exploring how to be more resilient.

Our Wellbeing Ambassadors have been tasked with finding out from their year group the activities that they have enjoyed most and if they have any suggestions for activities that they would like to do on Wellbeing Days in the new year.



Leaf Printing

Leaf printing is a wonderful activity for children and adults alike! Enjoy a nature walk to collect the leaves giving you the opportunity to talk about colours, the seasons and why trees lose their leaves.

Make a fantastic, colourful piece of art.

What you will need:

- Plain Paper
- Paint brushes or sponge
- Child friendly paint
- Collected leaves

Instructions:

- Collect leaves of varied shapes and colours. Lay them flat with the veins showing. Choose a few leaves each.
- Using a paint brush and your chosen colour, paint the veiny surface of the leaves.
- Turn the leaf over, placing it painted side down to print onto the paper.
- Using fingers, gently press the leaves to the paper to help transfer the paint to make a complete leaf print onto the paper.
- Carefully peel the leaf from the paper to reveal your print!



Handprint wreath

Supplies

- Green and red paint
- Paintbrush
- Green card
- Green paper
- Ribbon
- Scissors
- Pencil
- PVA glue



- 1** First, create the main ring for the wreath. To do this, draw around a large circular object onto the green card. Then, place a smaller circular object into the middle of the circle and draw around this. Cut out the middle and trim around the outside leaving a ring shape.



- 4** Then, stick the handprints onto the wreath using PVA glue. Place them so that the fingers are facing outwards and they overlap slightly.



- 2** Next, create the handprints for the wreath. To do this, use the paintbrush to cover your hand in green paint. Then, gently press your hand down onto the other sheets of paper. Repeat several times, so that there are enough handprints to go all around the wreath. Make sure that the handprints don't overlap. Leave to dry.



- 5** Now, add some red berries to your wreath! To do this, dip the tip of your finger into the red paint, then carefully print onto the wreath.



- 3** Once dry, cut out the handprints.



- 6** Finally, attach a length of ribbon around the top of the wreath, tying the ends together to create a loop for the wreath to be hung by.