

Sparsholt C. E. Primary School

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Tuesday, 02 February 2021

Dear Parents and Carers,

This week is National Children's Mental Health Week 2021, and at this stage of the lockdown it feels even more meaningful, particularly as it coincides with week 5 of remote education and we are all, I am sure, having to dig that little bit deeper to remain positive and motivated. We all need to take time to support and prioritise our children's (and our own) emotional wellbeing.

During the Autumn Term, the children and staff explored the '5 Ways to Wellbeing', represented as the Sparsholt Wellbeing Pie. Through our PSHE programme children and staff learned that looking after your mind is just as important as looking after your body, and that if you try to do one activity from each slice of the pie daily, it can help you feel more positive and happy and to be 'healthy inside and out'.



Last week, the children of Oak Class worked together to devise a 'Wellbeing Menu' (see over), which I hope will give your family some ideas of tried and tested activities that you could undertake to boost emotional wellbeing. Additionally, this week as part of the remote education offering, teachers will be exploring aspects of the 'Sparsholt Wellbeing Pie' with their classes.

When you have a minute, please do look at the Wellbeing section on our school website (Learning > Wellbeing during Remote Learning) for useful resources and links to support with aspects of emotional health. As always, please do not hesitate to contact us at school if you need additional support or are concerned about your child's, or your own, emotional wellbeing.

Best wishes,

Mrs Gwilliam

Deputy Headteacher, Senco & Wellbeing Lead



Connect	Keep Learning	Take Notice	Be Active	Give
<p>Read a Book Take turns storytelling.</p> <p>Notice Take 10 pictures of things that make you happy. Share and compare.</p> <p>Guessing Game Blind fold each other and see if you can guess what the different foods are without looking?</p> <p>Outside Time Look for signs of spring</p> <p>Bird watching What can you see and hear? List 10 things</p> <p>Outside Time Spend time outside. What can you see and hear? List 10 things.</p> <p>No devices Have an evening where no one uses their devices e.g. tablet, tv, phones</p>	<p>Learn to play new games Play Boggle or Sudoku</p> <p>Make Music - Pop Bottle Music Fill bottles with different amounts of water to make different sounds</p> <p>Food Look up a new recipe and help to make it for dinner.</p> <p>Favourites Research all about your favourite animal or anything you are interested in.</p> <p>Sing your heart out Learn all the words to your favourite song and perform it for someone.</p> <p>Languages Learn to say hello in 10 different languages.</p> <p>Quiz time Write and run your own quiz.</p>	<p>Paint/ Draw/Design Paint/ draw a pictures of your family / friends/ nature Design a castle, palace, den</p> <p>Listen to Music Reflect on how it makes you feel.</p> <p>Stargazing Look up at the night sky. What can you see?</p> <p>Cloud Busting Look up at the sky. What shapes do the clouds look like? Where would you like to travel to on the cloud?</p> <p>Nature Collect lots of natural objects, Leaves, stones, twigs etc. to make a collage</p> <p>Journal Think about the different feelings throughout your day and write a journal.</p>	<p>Hot and Cold Ask a family member to hide 5 things and you have to find them?</p> <p>Den building Build a den inside or outside</p> <p>P.E with Joe Wickes Watch on YouTube (with parental permission) or do lots of star jumps, balancing and crawling.</p> <p>Dance Can you share 5 different moves?</p> <p>Outdoor Painting Paint stones and flowerpots.</p> <p>Gardening Help to clear up or plan for the spring planting.</p> <p>Obstacle course Make an obstacle course in or outside depending on the weather.</p>	<p>Being Helpful Can you tidy your toys away to help the grown-ups?</p> <p>Be Kind Make a card / draw a picture or send a message / video to someone you care about.</p> <p>Design a Treasure Hunt in an Egg Box. Write some clues and collect items in an egg box.</p> <p>Golden Hour Give yourself an hour a day at least to do your hobbies or the things you love.</p> <p>Message Record or write a message for someone you love.</p> <p>Dressing Up Dress Up in someone else's clothes or as a character. Put on a show. Make someone laugh.</p>