

Well-being



What is well-being?



We know that happy, confident children learn better — and that wellbeing at home and at school go hand in hand. Well-being is about helping children develop resilience, confidence, and the skills to thrive both at school and at home.

Through our Danegrove well-being newsletter, we'll share tips, updates, and resources to help you support your child's emotional, social, and mental wellbeing. You'll find ideas for positive routines, ways to encourage resilience, and information about the initiatives we're running at school to nurture happy, healthy learners.

Well-being team

Mrs Ghosseiri - Assistant Headteacher,
Mental Health and Well-being

Mrs Stevens - Learning Mentor



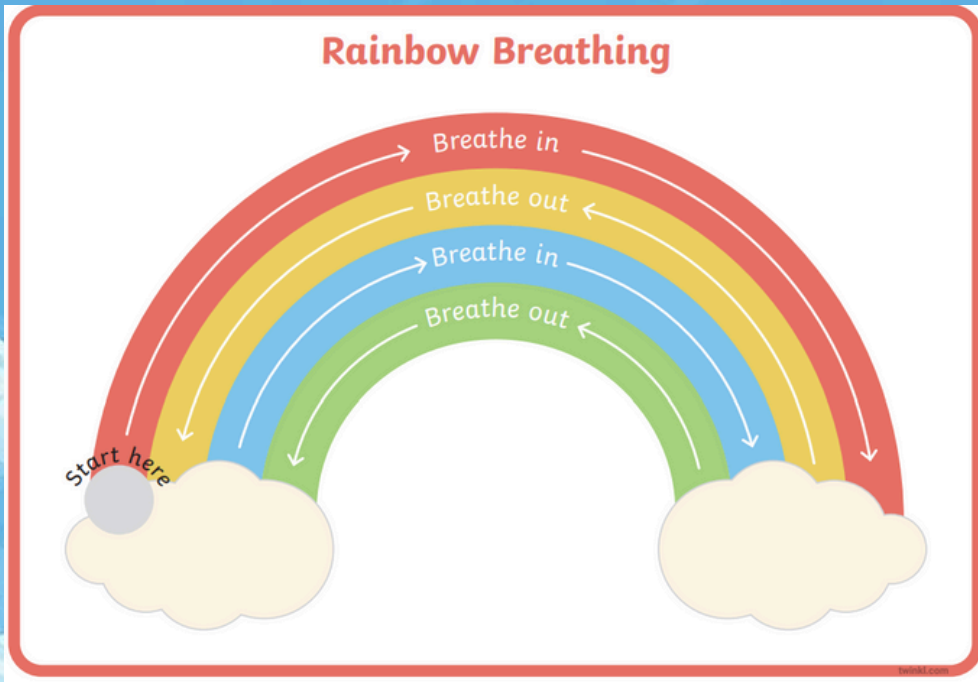
All children across the school take part in whole-class well-being lessons led by Mrs Ghosseiri ensuring a consistent and progressive approach from Reception through to year 6.

Our well-being curriculum is carefully sequenced so that skills and understanding develop as children move through the school. Reception and year 1, as well as year 5, enjoy weekly well-being lessons giving them regular opportunities to practise strategies and reflect on their feelings. Each class in years 2, 3, 4 and 6 take part in well-being lessons for two half terms over the year, which build on prior learning and link closely to their stage of development.

This half term's focus has been on New Year's resolutions. Children have been encouraged to think about positive goals they might like to set for themselves, discussing small, realistic changes they can work towards as the year begins. Alongside this, classes have been exploring the idea of gratitude, reflecting on what they are thankful for and, in particular, appreciating their friendships and the qualities they value in their friends.

Children in Reception and year 1 have continued to develop their breathing and mindfulness techniques to help them recognise and manage their emotions. This week, children in Reception started yoga. They practiced gentle stretches alongside breathing techniques. Year 1 are starting Tai Chi and have learnt that the movements are deliberate and unhurried. The mindful breathing and movements help calm the nervous system, promoting relaxation and mental clarity. Rainbow breathing was also explored as a controlled breathing technique to practice. This calming strategy can help children to slow their breathing while visualising colours, supporting relaxation and self-regulation.







FOREST SCHOOL



Year 1 have made a brilliant start to their Forest School adventures this term. In the first week, the children explored the outdoor area with real curiosity, collecting a stick, a leaf, and something interesting to share with their classmates. This week the rain a little bit too heavy, and without a shelter just yet, we brought the forest indoors. The children loved playing Guess the Nature Sound and keeping their sense of wonder alive even indoors!

During the next few weeks on Tuesday's they will explore seasonal changes and enjoy activities like den building, bug hunting, and natural art. They will learn to identify plants and trees, solve problems through outdoor challenges, – building resilience, communication, and a deep respect for nature while having fun outdoors.

Each year 2 class will enjoy their own Forest School session over the next three Fridays. They will become nature detectives, work together to build a mini shelter, and tune in to the many sounds of the natural world. We can't wait to see what they discover.

Reception loved taking part in a Nature Hunt this week. The children search for different shades of green and textures, finding something rough and something smooth in our Forest School area. They showed great teamwork and curiosity as they found different items. They will continue discovering nature every Friday.



This half term, a small group of Year 1 children are taking part in 'The Muddy Boots Club' – our outdoor learning and wellbeing group. Each week, the group of children explore nature, build mini shelters, create art with natural materials, hunt for bugs, and take part in teamwork challenges.

The Muddy Boots Club is all about connection, curiosity, and enjoying the outdoors – and the children are absolutely loving it.



Our Forest Phonics group have been working brilliantly this half term revisiting their set 1 sounds and building confidence with recognising and saying each sound quickly. Through games, natural materials and lots of repetition they are becoming more secure and segmenting simple words.

The children have also started learning the Special Friends – two letters that make one sound. They are practising spotting these in words and using them to help with reading and writing

