

March 2026

Well-being



Children's Mental Health Week

From 9th–15th February 2026, the children took part in Children's Mental Health Week, an annual event organised by the children's mental health charity Place2Be. The week aimed to raise awareness about the importance of children and young people's mental wellbeing and to help children to understand ways they can look after their mental health.



This year's theme was "Know Yourself, Grow Yourself." The theme encouraged children to explore their thoughts, feelings and experiences, helping them understand themselves better so they can build confidence and resilience. Throughout the week, there was also a strong focus on the idea of belonging—thinking about the people, places and communities that help us feel safe, supported and valued.

The week began with a whole-school assembly, where children were introduced to the theme and learned about what mental health means. During the assembly, children discussed how everyone has mental health, just like we all have physical health, and that it is important to take care of our minds as well as our bodies. The assembly also encouraged children to think about the places where they feel they belong and the people who help them feel happy and secure.



Following the assembly, children across the school took part in a range of activities designed to help them explore the theme of belonging and wellbeing. These included art activities, drama, discussions and wellbeing sessions, giving children opportunities to express their ideas and reflect on their feelings in different ways.



Through creative activities, pupils explored scenarios that help people feel welcome and included. Many children used art to show moments of friendship, teamwork and kindness, helping them understand how small actions can help others feel that they belong. Children also created maps of places where they feel they belong, highlighting important locations such as home, school and places in the community that make them feel safe and supported.



The children also took part in circle time discussions, where they shared their thoughts and feelings in a supportive environment. During talk partner activities, they practised being good listeners and learned how important it is to express emotions and support one another.

Overall, Children's Mental Health Week provided a valuable opportunity for the children to learn more about wellbeing, reflect on the importance of belonging, and explore ways to support both themselves and others. The week helped reinforce the message that looking after our mental health is just as important as looking after our physical health, and that kindness, understanding and connection help everyone feel included and valued.



Parent Mindfulness Workshop



Our recent parent mindfulness workshop turned into something a little different than expected – and it became a wonderful reminder that meaningful moments often come from being flexible and open to change.

The session was originally planned as a workshop for parents to explore mindfulness techniques that can support wellbeing during busy days. On this occasion, only one parent, Louise, was able to attend. Rather than cancelling the session, we decided to embrace the opportunity and adapt the workshop into a shared parent-and-child mindfulness experience.

Louise was joined by Aisla-Rose and Zayd, and together they took part in a calming session focused on breathing, gentle awareness activities, and simple techniques to help relax both the mind and body. The small group created a warm and peaceful atmosphere where everyone could take a moment to slow down and enjoy the benefits of mindfulness.

By the end of the workshop, everyone left feeling calmer and refreshed. Aisla-Rose and Zayd returned to their lessons feeling settled and ready to learn, while Louise headed back to work – and even straight into a meeting – with a sense of calm and focus.

What could have been a cancelled session instead became a meaningful shared experience. It was a great reminder that mindfulness doesn't require a large group or lots of time; sometimes a small, quiet moment together can make the biggest difference.

Thank you to Louise, Aisla-Rose, and Zayd for taking part and helping make the session such a positive and relaxing experience for everyone involved.



FOREST SCHOOL



This is 'Fred' he is our Forest School Friend!

January brought plenty of rain to Forest School, but the children showed wonderful resilience, curiosity, and teamwork throughout every session.



A special highlight this term has been welcoming Fred, our Forest School Friend. Fred appears in different places each week, helping the children think about how to care for nature, stay safe, and look closely at the world around them.



As we move into March, the outdoor area is beginning to change. The first daffodils and daisies are popping up around the site, giving the children new things to notice, name, and wonder about. It's been lovely to see them spotting these early signs of spring.

Reception children embraced their Forest School sessions with enthusiasm, even on the wettest days. This term they:



- went on a muddy adventure to the park,
- met Fred and learned how he helps us look after the outdoors
- went on nature treasure hunts, searching for a stick, a leaf, and a stone,
- created crayon rubbings, exploring the textures of bark, leaves, and natural objects,
- built mini shelters for Fred, thinking carefully about how to keep him warm and dry in the rain.

They have enjoyed noticing the new spring flowers beginning to appear, using their growing vocabulary to describe colours, shapes, and changes in the environment.



Year 1 continued to grow in confidence outdoors.

Their sessions included:

- designing and building mini shelters, experimenting with balance and structure
- creating crayon rubbings to explore natural textures like bark and leaves
- making nature faces
- using clay and natural materials to make faces

With spring arriving, year 1 have been quick to spot daffodils, daisies, and new buds forming on branches, linking their observations to our discussions about seasonal change.



Each year 2 class enjoyed a dedicated Forest School session this term. They stepped into the role of Nature Detectives, taking on challenges such as:

- searching for items with specific properties – something smooth, shiny, rough, or tiny
- building mini shelters, showing great teamwork and creativity
- playing outdoor games that encouraged cooperation, communication, and confidence

Year 2 have also been noticing the early spring flowers emerging around the site, using them as clues to help understand how the outdoors changes across the seasons.

