

Feel Good Week NEWSLETTER

Friday 9th February 2024

Dear All,

What an exciting week the children have had for Feel Good Week. Feel good week this year was based on being outside, being active, looking after the environment and most importantly children thinking about their well-being and mental health. Activities have been running all week ranging from scooter sessions, foraging in the forest and learning about recycling. After conducting Pupil Voice children have said:

Skateboard and Scooters



Team Rubicon visited us on Tuesday to run Scooter sessions for KS1 and skater sessions for KS2. Children enjoyed being kitted up in their helmets, knee and elbow pads as they whizzed round the hall learning different tricks!



Urban Dance Workshop – Stomp

Pete Francis (from STOMP) visited us on Monday to teach the children a number of routines. Children only used their bodies to create rhythms, patterns and beats. Children then had the opportunity to perform their piece to the whole school.

Year 3 “We loved performing – it helped our confidence grow”



Year 5 headed down to Forest School, to find sticks, logs and leaves to begin to build dens. Children worked in small groups and were able to construct a den out of these natural materials.



On Thursday, Joanna from Schools Recycling Service delivered an assembly to the whole school. She spoke about the three Rs; Reduce, Reuse, Recycle



Year 1 had a very muddy but fun time in Forest School where they were able to make pots out of water and mud.



On Wednesday and Thursday Year 3 headed to Hudnall Park. Children took part in activities such as rolling tyres down the hill, hide and seek and shelter building. They were able to hold newts and see the vast number of deer that visit the sight. Their favourite activity was having hot chocolate and making smores over a fire.



Year 6

Year 6 had the greatest time down in forest school collecting sticks, flowers and leaves to create their mobiles.



Year 4

Year 4 spent their time using recycled bottles to make plant pots. They have planted seeds and are now watering them and watching them 'hopefully' grow.



Year 2 were very excited to head down to forest school where they took part in lots of different activities. Their favourite activity was finding natural resources such as sticks, stones and leaves to make emotion faces!



Reception used egg containers to plant their own seeds in forest school. They then headed back into the classroom where they looked at what items they could recycle and then helped put the rubbish in the correct school bins. Reception also headed to Forest School with their buddies in Year 6 and showed Year 6s what activities what they do in Forest School.

