

North Elmham CEVA Primary School  
Stibbard All Saints CEVA Primary School  
*Flourish Federation*



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Wednesday 3rd February, 2021.

Dear parents/carers,

Evidence suggests there are 5 steps you can take to improve your mental health and wellbeing. Trying these things could help you feel more positive and able to get the most out of life. The '5 Ways to Wellbeing' are very simple yet very effective. These steps have been designed to fall easily into a daily routine, whether at school or home. By using mindful language everyday and adopting a mindful approach to ordinary activities, we can support and grow our wellbeing.

**Connect** - Building and maintaining positive relationships with people can be an important part of wellbeing. Spending time speaking to positive and supportive people can help you have a better self-image, be more confident and feel able to face difficult times.

**Give** - Giving can be a great way to look after your wellbeing. People who show a greater interest in helping others are more likely to rate themselves as happy. Allow yourself time to recognise how your goal gives something back to your community.

**Keep learning** - Setting challenges and learning new things can improve your confidence and add fun to your day. You could rediscover an old hobby, sign up to a course or try learning a new skill, such as playing a musical instrument.

**Be active** - Regular exercise can lift your mood and increase your energy levels. It doesn't have to be strenuous or sporty to be effective. Pick something you enjoy so you're more likely to stick with it.

**Take notice** - Take time during your day to be more aware of your surroundings and notice the present moment. Whether it's pausing for a tea break or talking to a friend, be aware of the world around you and reflect on what you're feeling. It can help you appreciate what's going on around you.

In light of this Flourish Federations schools Sports Partnership (WNDSSP) has put together a series of challenges linked to the '5 Ways of Wellbeing' for students (and

staff/parents/carers/everyone!) to engage with. Challenges are suitable for completion either in school or at home and are designed to be little and often over a longer period of time. There are separate EYFS/KS1 and KS2 versions of the challenges.

Rewards will be provided for students who complete 3 layers;

Bronze (3 of each category), Silver (4 of each category), Gold - complete all 25 challenges in total.

Pupils can even design and use their own challenge linked to any of the 5 ways.

WNDSSP have provided pupil checklists to track challenges completed and additional resource sheets

(<https://www.dropbox.com/sh/h84ubr4rvr3w34e/AAAs2Ofcj5pPPDR4pY5d53a?dl=0>) and videos of most of the challenges which can be accessed on the SSP vimeo channel (<https://vimeo.com/user/117953252/folder/3461027>).

A launch assembly presented by one of SSP is here on our website or can be accessed by following this link; <https://vimeo.com/502640054>

And the activity sheets I've also put here on the school's website for easy access.

Also in support of keeping you all active at home, and hence increasing your wellbeing, WNDSSP have also a range of videos produced during the first lockdown early in 2020.

They can be found on their YouTube channel (<https://cutt.ly/8jSxUgk>), so please feel free to use these as part of any home learning should you wish. There is also a range of resources that you can explore on their website at

<https://www.wndssp.co.uk/content/keeping-active-at-home>.

Yours sincerely,

Mr Whitney

(PE Lead @ Flourish Federation)