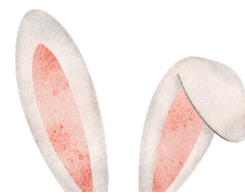


Together we Thrive

Wellbeing at St. Paul's



SPRING TERM

Dear Parents and Carers,

As we move towards Holy Week and look ahead to the celebration of Easter, we want to take a moment to express our gratitude for your ongoing support and partnership. At Farington Moss St. Paul's, we remain committed to the wellbeing of our children, families, and staff. Nurturing a caring, hopeful, and joy-filled environment is central to all we do, especially as we reflect on the message of renewal and resurrection at the heart of the Easter story.

This term, some of the initiatives to support emotional wellbeing and enrich learning experiences include:

· Enrichment opportunities such as:

Reception: Reception reading breakfast and tots on tyres.

Year 1: Mindful Moments at the start of the day and after dinner time. This has been a focused 5 minutes of different breathing techniques and affirmations.

Year 2: Trip to 'Bring Yer Wellies' and Reading Breakfast.

Year 3: Mindful Moments at the start of the day, this has helped children settle into the next part of the day and feel focused and regulated.

Year 4: PSHRE lessons reflecting on wellbeing, Lego robotics and church visit to St. Paul's church.

Year 5: Wellbeing time on a Friday afternoon. PSHRE -wellbeing learning about good sleep and routines to support our mental health. Class worship "choosing what we carry" letting things go that make us feel heavy.

Year 6: Bike ability, dance competition, year 6 class worship

Whole school - Wellbeing festival, Imran Kowtal came to talk to the children about 'Life as Muslim', word Guerrilla - annual visit reflecting on how we can thrive and develop resistance, Eco warriors visit to Eco town, School council visit to the Fair Trade conference in county hall, world book day celebrations and 'Let's go sing!'

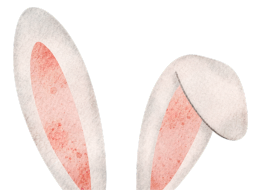
Ongoing wellbeing support includes

- Trauma-Informed Practice embedded throughout school to ensure every child feels welcomed, heard, and supported.
 - ELSA activities for children who benefit from additional emotional support.
 - Peace Place - a calm and reassuring space where children can regulate emotions and feel secure.
 - PSHRE lessons encouraging resilience, compassion, and positive relationships.
 - Reading with Dogs sessions with Jen and Pippin, building confidence and enjoyment in reading.
 - Seasonal celebrations, including the KS2 Easter Service, Holy Week reflections, and class worships.
- After-school and extra-curricular clubs such as Keep on Thrivin', Eco Club, Worship Group, Sports groups, Children's Chaplains, Choir, and Art Club.
 - Inclusive sports opportunities, including 'Joy of Moving'
- We are also continuously grateful for Jill Jackson, our Family Support Worker, who supports children and families with care and understanding.



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SPRING TERM

New to the Spring Term



This term, the wellbeing team launched a new afterschool group 'Keep on Thrivin', open to children in Year 5. Over an eight-week programme, the children have taken part in a range of activities designed to support and strengthen their emotional wellbeing. Examples have been creating worry monsters, Green dog drama activities, rock painting, mindful colouring, Pilates and a wellbeing walk in our local area. These children will become our Wellbeing Ambassadors. As Wellbeing Ambassadors, their role in school will be to look out for the wellbeing of others, show compassion, and help promote a positive, caring atmosphere across the school. We will continue to meet with our ambassadors once the club has finished, giving them the opportunity to share ideas for activities and initiatives that they feel would support positive mental health and wellbeing throughout the school community.



We recognise that while Easter is a season of hope and renewal, some of our families may be facing social, emotional and financial challenges. Please remember that we are here to offer support where we can.

Support for our Families - If you need any help or guidance, here are some useful resources:

South Ribble families and young people support: <https://southribble.gov.uk/homepage/67/families-and-young-people>

Kooth supporting Children's mental health: <https://explore.kooth.com/families/>

Lancashire Mind: <https://www.lancashiremind.org.uk/>

HAF (Holiday Activities and Food Programme): <https://www.lancashire.gov.uk/children-education-families/school-holiday-activities/>

The Lily-Jo Project (Mental Health & Family Support): <https://www.thelilyjoproject.com/parents/>

Local Food Bank Support: <https://southribble.gov.uk/cost-living-support-l/foodbanks-community-shops>

Please don't hesitate to contact us if you need signposting to support services.

On behalf of all the staff, we wish you and your families a joyful, restful, and hope-filled Easter break as we celebrate the promise of new life in Christ.



Warm regards, The Wellbeing Team.