

# WELL-BEING NEWSLETTER

July 2020

PUPIL Issue 5



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## Welcome to the July issue of our 'Work Hard; Be Kind; Well-being' newsletter!

This is the final issue of this newsletter before the start of the next academic year.

This is your 'one stop shop' for information and resources to support you during this period.

### What is 'well-being'?

It's a term we hear a lot but what does it mean?

Dictionary definitions tell us that it's about comfort, health and happiness. Essentially, it's about our emotional as well as our physical health: keeping our minds and our bodies healthy!

Here's a short video which might give you some ideas about what 'well-being' means <https://www.youtube.com/watch?v=oSlWo5nxF2A> and another one with ideas for how you could develop yours: <https://www.youtube.com/watch?v=yF7Ou43Vj6c>. Aimed at children but applicable to adults, too!

### Westdale Wraparound

We are still able to take bookings for the new wraparound care provision launching in September. You can find all the relevant details and forms on our website which can be filled in and emailed to us at [office@westdalejuniors.co.uk](mailto:office@westdalejuniors.co.uk). Prices are shown below <https://westdalejuniors.co.uk/page.php?p=wraparound>

Breakfast Club	7.30 am to start of the school day	£5.00
After School Club	After school until 5.30pm	£9.00
After School extended pickup	5.30 - 6pm	£2.50 in addition to After school club charge of £9

### A Fun Farewell for Year 6

We wished our year 6 children who have been attending school this term a fond farewell on 23<sup>rd</sup> July with a picnic in the school garden. There was music, food and an ice cream van where the children were treated to a free ice cream! We wish the children well on their next journey to secondary school after a very strange and difficult time, they should be very proud of themselves, I know we are.

A big thank you to Mr Prizio who brought his ice cream van onto the school grounds for free and gave school a generous discount to be able to offer this treat to the children.





## Goodbye to Mrs Miles and Mr Jennings

We said goodbye to our year 5 teacher Mrs Miles this term, who was with us at Westdale Juniors for 7 years working her way up from NQT to classroom teacher and special educational needs co-ordinator. We will miss her but wish her all the best in her now role and wave her on her way with a massive thank you for all of her hard work over the years.

Mr Jennings has also retired from full time school life after an impressive 36 years! Although he did not want any fuss and we hope to still see him in school from time to time we would like to take this opportunity to say big thank you and wish him a very happy retirement!

## September Re-opening

I hope you all received the letter from Mr Slater about the re-opening of school in September. A copy can be found on our website

[https://westdalejuniors.co.uk/data/letters/files/Letter\\_to\\_parents\\_Sep\\_2020\\_info\\_200720\\_2.pdf](https://westdalejuniors.co.uk/data/letters/files/Letter_to_parents_Sep_2020_info_200720_2.pdf)

Please see the table below for more information on drop off and collection (this is also available on the letter)

Class	Start time	Collection time	Entrance/exit
3LM	8.45	3.25	Main entrance
3M	8.45	3.25	Main entrance
4J	8.40	3.20	Year 4 corridor fire exit
4M	8.40	3.20	Year 4 corridor fire exit
5K	8.35	3.15	Year 5 corridor fire exit (by the pond area)
5T	8.35	3.15	Year 5 corridor fire exit (by the pond area)
6AH	8:35	3:15	Main entrance
6R	8:35	3:15	Main entrance

## Music Lessons

There will be no music tuition taking place in school for the first half term due to the restrictions of COVID-19. We will of course keep you updated as soon as we have further information.

## Support

### Directory:

- <https://www.childline.org.uk/>
- <https://www.annafreud.org/on-my-mind/youth-wellbeing/>
- <https://youngminds.org.uk/find-help/for-parents/parents-helpline/>

## Special Features

### For Primary and KS3

**The Breath** – an article by Rebecca Morgan-Jones

Link to full article here: [Primary KS3 The Breath BlogArticle RMJ.docx](#)

### For KS4 and 5

**The Breath** – an article by Rebecca Morgan-Jones

Link to full article here: [AdultsKS45 The Breath blog article RMJ.docx](#)

## Contact us

The main contact email to use for your school for general enquiries is

[office@westdalejuniors.co.uk](mailto:office@westdalejuniors.co.uk)

