



16<sup>th</sup> October 2019

To Parents of Pupils in Primary Phase

Dear Parents,

HEALTH & HAPPINESS WEEK 2019: 21<sup>st</sup> - 25<sup>th</sup> October

## Five Ways to Wellbeing



Next week is **Health & Happiness Week** and this year we are focussing on the Five Ways to Wellbeing. These are simple things that we can all do, children and adults, to improve our emotional health and wellbeing. They are easy-to-remember and, as well as making you feel better in the moment, they can also help you build good mental health for the future. The 5 Ways to Wellbeing is a mental healthcare initiative which is promoted by Northamptonshire Health Care Trust which we believe can be of benefit to our school community. Parents can find further information here <https://www.northamptonshirehcp.co.uk/5-ways/>.

During the week the children from YR -Y6 will have the opportunity to try new sports, new foods and new activities in order to explore and practise the Five Ways to Wellbeing. These are:

- **Give** – Offer to help others, do something kind for someone, volunteer
- **Take Notice** – Notice things around you, notice how you are feeling, relax and rest
- **Keep Learning** – Try something new, set yourself a goal, don't give up
- **Be Active** – Walk somewhere, play sport, dance, skip, cycle
- **Connect** – Be a good friend, talk and listen to others, spend time with your family

We are also looking for parents to volunteer to share their knowledge and skills in any of these areas – ***if you are able to assist, please let me know***. We plan to offer opportunities for cooking where the children will be learning about eating tasty, enjoyable, healthy foods. ***If your child has any food allergies which you have not previously informed us about, please email details to [primaryoffice@ccs.northants.sch.uk](mailto:primaryoffice@ccs.northants.sch.uk)***.

Healthy exercise contributes significantly to happiness and welfare, and as is our tradition at CCS, the children will take part in a range of sporting and outdoor activities as part of Health and Happiness week. This year, activities will include:

- Fitness sessions
- Rodeo bull ('bucking bronco')
- Bungee run
- Driving simulator
- Mindfulness
- Cooking
- Cheerleading
- Energetic party games

and many more. Activities will be age appropriate – not every child will participate in every activity.

**Secondary:** 01604 669200 **Primary:** 01604 669210 **Website:** [www.ccs.northants.sch.uk](http://www.ccs.northants.sch.uk)

**Principal:** David James **Vice Principals:** Andrew Fisher Katherine Patterson, Gary Wakefield

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**The Wooldale Centre for Learning, Wootton Fields, Northampton NN4 6TP**

Children will also be taking part in a cooking workshop with Mrs Falconer during which they will be making and eating pancakes. Ingredients used will be flour, milk, eggs and sugar. If your child has an allergy to any of these ingredients, can you please contact the Primary office so that we can make alternative, suitable arrangements.

Within reason, we will be outside for our programme of sport and outdoor activities whatever the weather, so **please ensure that your child has appropriate PE kit for outdoors as well as indoors, including both trainers and plimsolls.** Reception children need to come into school wearing their PE kit on Monday 21<sup>st</sup> October: we will ensure this comes home on Friday 18<sup>th</sup> October so this can be achieved.

We will send all the children's PE kit home at the end of school on Friday 25<sup>th</sup> October to be washed during half term, as they will have been wearing it most of the week. Please ensure they bring it back to school on Tuesday 5<sup>th</sup> November as normal PE lessons will resume from that date.

**Non-uniform, charity fundraising day** - On the last day of this half term – Friday 25<sup>th</sup> October – we will be having a non-uniform day in support of a local charity 'The Low Down' <http://thelowdown.info> and the national charity 'Young Minds' <https://youngminds.org.uk> which supports child and adolescent mental health. In exchange for a donation of £1, children in Foundation Stage, Key Stages 1 and 2 are invited to come into school wearing an outfit that makes them happy – **please also wear a splash of yellow** as part of your outfit as 'Young Minds' October 2019 fundraising campaign is **#HelloYellow**. Please ensure that footwear is sensible and safe.

Health and Happiness Week is an action-packed week and we hope everyone will enjoy participating in the wide range of wellbeing opportunities and experiences on offer next week.

Yours sincerely,

*James Wood*

PE and Sports Provision Leader

## ***Open your mind this Health & Happiness Week!***



**Five Ways to Wellbeing**