



Dear Parents and Carers,

Children's Mental Health Week

As you will know it is Children's Mental Health Week next week and so we wanted to let you know about all of the fun and exciting things that are happening across the school.

Whole School Plans

Monday	Mindful Monday Yoga and mindfulness activities. Take some time out to breathe, relax and be present.
Tuesday	Take it Outside Tuesday Pupils and staff have planned lots of fun outdoors, including gardening and orienteering. Please wear clothes suitable to wear outdoors for all weathers. Family Learning Session Teams meeting 4-5pm, with Mrs Ralston looking at all the things we do in school to develop our pupils' wellbeing. Please contact the school office to ask for a link.
Wednesday	Work Out Wednesday Exercise circuit in our gym hall to get the heart beating!
Thursday	Think it Thursday/Thirsty Thursday Yoga and mindfulness activities. Relaxing hot chocolate whilst watching something that makes us happy!
Friday	Dress to Express Day Please wear clothes that express how you are feeling. This could be colours that express your feelings, your favourite chilled out clothes or even wacky hair if you are feeling like it! Be creative!

Children can wear sports clothes throughout the week, should they wish.

****Please note, the school has a policy of no football colours or tops****

Pupils Leading Learning

Our children love to get involved in the planning and the leading of their learning and so have worked in partnership with their teachers to select activities that they feel will support their wellbeing.

Please remember some of these activities will be weather dependent but we will try to do our best to accommodate as much as possible! We are also hoping for each class to either, visit the park or get out with the school for a walk around the local community. Where staffing allows for this, a rota will be organised and shared next week.

Primary 1

- Healthy snacks every day. Pupils will use tally marks to track this in class
- Use of the all-weather pitch to use a variety of equipment and explore a range of ways to move
- A wide range of play-based learning activities based around wellbeing and mental health

Primary 2/1

- Walk around the school
- Outdoor learning in our new school garden with lots of maths, literacy, and science fun
- Orienteering- using maps to find letters hidden around the school playground
- Using a range of PE equipment on the all-weather pitch

- Film and hot chocolate to relax
- Music and dancing
- Play based learning activities based around wellbeing and mental health

Primary 2

- Cosmic Yoga
- Senses Walk, Scavenger Hunt
- STEM-a-Story
- Outdoor art using natural materials.
- Circuits
- Support balloons
- Reading for Enjoyment (Wednesday) – bring in your favourite book along with a pillow or teddy

Primary 3

- Yoga
- Clay modelling
- Egyptian dancing
- No desk day. A chance to explore how we use the environment around us
- Film and hot chocolate

Primary 4

- No desk day. Think about how we use the spaces around us for wellbeing
- Pet appreciation afternoon. Children can bring in a photo of their pet/favourite animal and talk about them
- A chance to try some exotic fruits such as dragonfruit and pomegranate
- Yoga
- Creating autobiographies in class which will help us to reflect on everything we have achieved since we were born, building our self-esteem. Children can bring in photos of themselves as babies or illustrate our writing ourselves.
- Cloud watching using the iPads, taking pictures, looking for shapes and using them as a stimulus for free writing

Primary 5/4

- Yoga
- Wellbeing art
- Dance to express ourselves
- Gardening
- Meditation
- Scavenger hunt
- Making letters and cards to others

Primary 5

- Extra time to exercise
- Time to meditate within the day
- Gardening
- Stem activities
- Outdoor learning
- Yoga
- No desk day, exploring how we move and use the environment around us
- Movie

Primary 6

- Yoga
- Clay modelling. Children are asked to bring an old shirt/t-shirt to cover their clothes for this activity
- Sphero Olympics based on the Winter Olympic Games
- No desk day. Think about how we use the spaces around us for wellbeing.
- Movie

Primary 7/6

- Clay modelling. Children are asked to bring an old shirt/t-shirt to cover their clothes for this activity
- No desk day. Think about how we use the spaces around us for wellbeing.
- Sphero Olympics based on the Winter Olympic Games
- Movie
- Yoga

Primary 7

- Yoga
- Mindfulness activities with relaxing music
- Massage
- Fruit kebabs
- Watch a movie
- Painting
- No desk day. Think about how we use the spaces around us for wellbeing.

These lists are by no means exhaustive but should help to give you a flavour of what is taking place across the school.

Parent/Carer Support and Information

Should you wish to find out more about supporting your child's wellbeing, please use the QR code below and follow the link.



Please remember to get in touch if you have any questions or ideas for future events, we always love to hear from you!

Yours faithfully,

Fiona MacKenzie

Head Teacher