

Wellbeing Ambassadors' Newsletter



Volume 1 -Spring 2023



- Our Intent -



To promote emotional health and wellbeing in our school.

The Team -



Harry



Elliott



Bryn



Max



Joseph



Matilda



Mrs
Golding-
Williams



Gemma



Jesse



Henry



Miss
Atkins



Why we wanted to become a Wellbeing Ambassador:



Henry – I am always fun so I wanted other people to have fun too. I have ideas and would like everyone to do more art.

Joseph – I wanted people to help people to feel less stressed in their lives and have ways to help themselves. I wanted to work with the teachers to make the pupils calmer.

Jesse - I wanted to make other people happy and make sure that they fit in really well to the Fawkham family.

Gemma - I have good ideas that I can share to make people feel happy like bringing your teddy to school.

Matilda -I want to help people live life in all its fullness by working with buddies and having a fun time with them. I have some good ideas to help people have a fun time.

Max -I want to help people have a healthy life and be positive about good and bad things in their life. We should enjoy every opportunity.

Bryn -I want to help people with their wellbeing and their health. If children have problems and they are not sure how to be healthy, for example, we can help them and tell them what to do. I would like to make suggestions about sports and other physical activities in school.

Elliot -I wanted to be a wellbeing ambassador as I wanted every child to have good fitness level and have a balanced diet. Also, if children are making mistakes, then we can show them how to learn from them and have a good growth mindset. I want to help lead the school with Miss Bridges and the other teachers.



Wellbeing Day



We had a wellbeing day with our buddies. We discussed our ideas for the activities with Mrs Golding-Williams and then Miss Bridges. Miss Bridges took our ideas to a staff meeting so the teachers could plan our ideas linked to mindfulness for us. We did yoga, watercolour painting, food tasting, and we also cooked pizzas. We suggested that the children should bring their teddies to school. We had a fantastic day and lived life in all its fullness.





Wellbeing Day



- Wellbeing Prayer -



Dear Lord,

May positivity come into all our lives,

May happiness come too.

With the powers of you- Lord Jesus Christ,

We will be happy and positive.

We trust in you, your powers, and your
strength,

Now and forever,

Amen

In February 2023, we led the whole school in worships with Mrs Golding-Williams on Safer Internet Day.



The main topic we presented on was -
'Want to talk about it? Making space for conversations about life online'.

In the worship, we discussed the importance and purpose of Safer Internet Day. We considered the online safety issues we face and how we can work together to make the Internet a safer place.



Wellbeing book focus

- recommended read

'The dot' is a wonderful picture book that encourages you to try new or challenging things, to explore your creativity and to have confidence in your abilities.

"Just make a mark and see where it takes you".

What is next?

Keep an eye on our noticeboard to see what the Wellbeing Ambassadors will be doing next!