



**ABBAY GATES
PRIMARY SCHOOL**

Web: abbeygatesprimaryschool.co.uk
 Email: office@agps.org.uk
 Telephone: (01623) 461 010
 Date: 29th January 2021



Dear Parents and Carers,

Welcome to the 'Abbey Gates' wellbeing newsletter. Below you can find some top tips on how to support you, your children and your families at home...

Parental Virtual Drop-In Sessions with Lizzie!

We are thrilled to announce that Lizzie will be offering virtual drop-in sessions via Microsoft Teams for parents/carers. Come along and meet Lizzie to hear some top tips on how to support you and your child(ren)'s wellbeing whilst at home, throughout the lockdown period and beyond...

The first session will take place on **Thurs 11th February at 10am** and will be based around **sleep and routine**. Come along to hear some tips, ask some questions or simply just to meet Lizzie!

Look out for a letter with more information very soon.

Meet Lizzie Allsop - our Pastoral Care Lead



Children's Mental Health Week

Children's Mental Health Week is taking place between 1st - 7th February 2021. This year's theme is **Express Yourself**.

Expressing yourself is about finding ways to share feelings, thoughts, or ideas, through creativity. It is about finding a way to show who you are and how you see the world, that can help you feel good about yourself.

Check out the free resources here, which includes top tips and some great ideas to 'express' yourself (we particularly like the squiggle game!):

<https://www.childrensmentalhealthweek.org.uk/parents-and-carers/>

PE Lessons with Mr Martin, Miss Orchard and Miss Nash

Being active and moving our bodies more is not only important for our physical health but is also essential for our mental wellbeing too.

Join Mr Martin, Miss Nash and Miss Orchard in some PE sessions at home! Look out for a new Martin's Movers each week too!



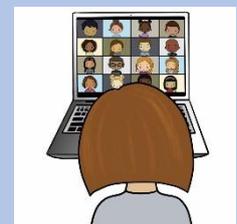
Martin's Movers: <https://www.youtube.com/watch?v=G2thhUg9vDo>
 Stretching with Miss Nash: <https://www.youtube.com/watch?v=q288d8THpDw>
 Gymnastics with Miss Orchard: <https://www.youtube.com/watch?v=2i-2tbq03Ao>

Live RSHE (Relationships, Sex and Health Education) Lessons

At Abbey Gates, supporting our children's wellbeing is at the heart of what we do and underpins our school curriculum. To be able to learn well, we need to look after our wellbeing and know how to understand, manage and express how we are feeling, especially during such uncertain times.

Don't forget to come along to your class's weekly live RSHE lesson where teachers will guide and support children with this.

All lessons are recorded and can be watched again afterwards.



Keep safe and well - let's remember to look after ourselves and each other.

Miss S Taylor (SEBCO - Social, Emotional and Behavioural Coordinator)