



Bewsey Lodge Primary School Weekly Newsletter

Friday 26th April 2024

Fitness & Wellbeing Fun

In the last week of this half term (week commencing Monday 20th May), we are going to be celebrating all of the things we can do to help foster great **mental health and wellbeing** in ourselves and others.

During this week, children will be learning about 'The five ways to wellbeing'. This study outlines 5 ways to help yourself improve your mental wellness: Connect with friends, Get active, Take notice, Learn something new and Give. After Covid lockdowns, we used the 5 ways to wellbeing to support our children and staff in their return to school life – you can read more about this study here:

<https://www.mind.org.uk/workplace/mental-health-at-work/five-ways-to-wellbeing/>

During this special week, we will be touching on all 5 areas. Firstly, we are hoping to '**get active**' by having our sports days during this week – as long as the rain stays away and allows our field to dry out we can go ahead. See the back page for dates and times for each Key Stage.


We are also going to be '**getting active**' and '**giving**' during this week by helping me train for my big run!!! This year I am running the Manchester Half Marathon on Sunday 26th May and raising money for **St Rocco's Hospice** – I know this charity is close to the hearts of many of our families so I feel proud to be raising as much as I can to support their amazing work. During the week every child from Reception to Y6 will have the opportunity to take part in a sponsored run/walk. Everyone will complete '**Half of a half marathon**' which is roughly 10.5km. Depending on age, some children will complete it all at once, younger children will spread it over the week but everyone will get through it! I am hoping that families and friends will support the children by sponsoring them (the 'give' part) and all monies will go into the fundraising pot for St Rocco's. Every child who brings in a donation/sponsorship will receive a special badge for their hat – these events are always such fun and are always really uplifting – the children love them and it really does help me with my training!! Please join in if you can and help me reach my goal of £500. If you would like to read more about my run or donate directly, please click on the link:

https://www.justgiving.com/page/emma-williams-1712256582074?utm_medium=fundraising&utm_content=page%2Femma-williams-1712256582074&utm_source=facebook&utm_campaign=pfp-share&fbclid=IwZxh0bgNhZW0CMTEAAR1FkfyJL3glzagTn00OcnVePNG_xj6_ARpW-hsnullccx_IBYvXa58Sr-M_aem_Afcq2nMiDTqvS0zok7CW0D4k2K4OltMNNvBAPWpsAAPKQqZMYqWBYSO_QC8erC6cm6DJwiZ3lWdBaYy4heSeXOV


And finally, during this week we will see the opening of our **quiet space playground**. This area is yet to be named by the Playground PALS but it is an area in school for quiet play only. Children will be able to sit on benches and bean bags, play quiet games, read, draw and chat. There will also be the opportunity to take part in weekly yoga/mindfulness sessions led by Miss Rebecca our dance teacher. This will help our children to '**connect with friends**' and '**take notice**'.


Because of the active nature of the week, children will be allowed to **wear sports clothing everyday** but to top the week off, all **children are invited to wear green (the colour of Mental Health Week) on the Friday when we finish at 1.00pm.**

PRIDE in all we do: Perseverance Respect Individuality Diversity Equality !

 Bewsey Lodge Primary School, Lodge Lane, Warrington, WA50AG

 01925632730

 office@bewseylodge.co.uk
office@bewseylodge.co.uk

 www.bewseylodge.co.uk

Have a great weekend everyone,
Mrs E Williams

NUT FREE

Stars of the week

Nursery - Erik	Gold - Evie
Nursery - Afia	Diamond - Scarlett-Rose
Red - Isla-Rose	Jade - Shachin
Orange - Reggie	Sapphire - Curtis
Yellow - Lola-Rae	Topaz - Markuss
Green - Anya	Opal - Jace
Blue - Albie	Emerald - Mbuende
Purple - Ava	Amethyst - Parker
Silver - Billy	

Congratulations to Isabelle in Emerald for receiving her Fountain pen.

Well Done Everyone!

Headteacher Award

These will appear next week



School Meals are £2.60 per day and MUST be paid for in advance (KS2 only) if you are unable to credit the account you will need to provide a packed lunch for your child.



SPORTS DAY

Monday 20th May 1:45pm: KS1 Year 1 and Year 2

Tuesday 21st May 1:45pm: Nursery, Reception and Silver class

Wednesday 22nd May 1:45pm: KS2 Year 3 and above (including Gold class)

Thursday 23rd May 10:45am: Nursery AM session

Thursday 23rd May 2:30pm: Nursery PM session

You are welcome to take your child home afterwards

****TEXT SERVICE ENDED****

All parents/carers need to be set up to receive communication via School Ping. You will be missing important information without this, including letters and permission slips. If you need your login details printing please contact the school office. Thank you.

Polite reminders:

- Please continue to send your child in to school wearing their PE kit on their class PE day.
- The school day starts at 8.45am. Children should be in their classrooms ready to start learning by this time.

Little Links...

Please remember to complete a registration form before your child attends little links (before or after school) even if they are only going to be attending once. The forms are available at the office, thank you.

PRIDE in all we do: Perseverance Respect Individuality Diversity Equality !

Bewsey Lodge Primary School, Lodge Lane, Warrington, WA50AG

01925632730

office@bewseylodge.co.uk

www.bewseylodge.co.uk

NUT FREE