



Wellbeing Special Newsletter

Spring Term 2023



We would like to say a special thank you to 'The Kibworth Mental Health and Wellbeing Team' and especially Rachel for working alongside myself to organise our Children's Mental Health and Wellbeing Week on the theme of 'Let's Connect.' There have been so many connections made this week both within our school community and also outside the school, in the extended community. We were absolutely overwhelmed with the interest for the parent and child massage sessions run by Sarah and also the parent and child art sessions run by Emma. We have already created more sessions so that we could invite as many as possible.

A very special thank you also to Dr Monica Quadir, who worked specifically with pupils in Year 5 and 6 on the theme of anxiety and teaching the pupils strategies to help them when they are anxious in specific situations. We were fortunate to have Steph, who came and taught every pupil some yoga moves to help them to destress and also Sarah who taught pupils mindfulness strategies. Thank you to Shellie, who came and shared some singing techniques with all the pupils in assembly and the pupils (Jaiden, Tom, Kiran, Ava, Fleur) who were brave enough to sing to the school—we think you were brilliant! Year 4 have been taught some hand reflexology by Nicola, an occupational therapist and we are planning to invite her back to work with Year 6 before their SATs in May. Marjolein, an occupational therapist, provided Year 6 with some excellent sessions on positive thinking. We also loved having Kibworth Books visit and The Well visit us alongside the cake stall.

Thank you to Geoff and Keith, from The Litter Wombles, for working with Year 2 about how they can look after their community and for sharing the work the litter wombles do. We would also like to thank our very special Miss Evans, who inspired the children in assembly by sharing her journey of how she became a talented cyclist. Our Year 1 children were thrilled to connect with the Kibworth Fire Brigade and we thank the firefighters for visiting them. Finally, we wish to thank all of you who supported your children with Toast and Read—the buzz in the hall each day was joyous and it was lovely to see so many families reading together. Thank you to all the grandparents who shared their toys with Year 1—it was a delight watching you all play old games with the children. Then, thank you to all our staff for supporting the week and teaching children vital skills to support their wellbeing; the office for all their organising and help, Mr Tait for his help in setting up the hall and the teachers and support staff for planning such fabulous activities. Have a restful half term, from Mrs Marks.



Art work with Emma



Toast and Read



Year 3 art work



Year 2 work on 'The Invisible String' book

Year 6 Yoga



EYFS Yoga

Litter Wombles



Year 4 Hand Reflexology



Year 4 enjoyed a relaxing session of hand reflexology on Wednesday morning. The children learnt how specific points of their hands are linked to other parts of their bodies and even their emotions. Who would have known that one single point on your hand can help to ease feelings of worry and anger!

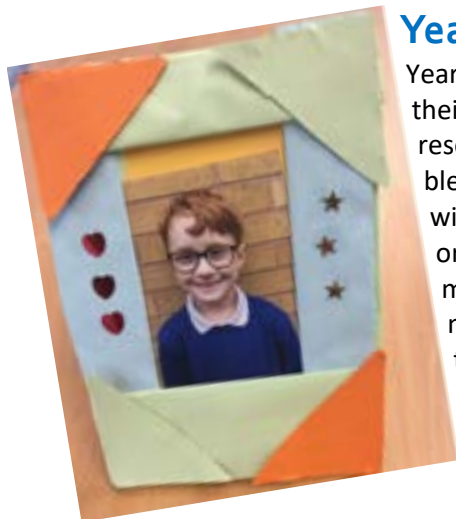


This week the children in Foundation Stage have enjoyed taking part in activities to help us prepare for a wellbeing tea party. They have worked together to create their own bunting, make sandwiches and decorate biscuits. The children also created invitations to invite special adults in school to the party to support their wellbeing. They all had lots of fun at the tea party and enjoyed playing some team building games too.



Year 1 Grandparents' Toy Visit

To celebrate our express and the end of Wellbeing Week, Year 1 invited Grandparents to come in for a special visit. The children loved learning all about the toys their Grandparents used to play with and the children shared all the information they had learnt in their History of Toys topic.



Year 3 Photo Frames

Year 3 have designed, made and evaluated their very own photo frames. The children researched what makes a photo frame stable and they reinforced their own frames with layers of strong cardboard. They decorated their frames with things that make them happy and celebrate this month's school value of love. We hope their photo frames will spread love to your homes!



Year 5 Pebble painting and walk Year 5 have spent some time painting positive messages and happy designs on to pebbles. We then walked around Kibworth and found places to leave them to spread the positivity. We hope you see them and they make you smile!



Year 2 Community Litter Pick and the Litter Wombles



Year 2 were surprised when they found out that the Wombles were actual people as well as cuddly toys! They loved spending the morning listening to 'rubbish' and learning about litter picking from the Wombles themselves. The children enjoyed the fantastic talk and were thrilled to receive a special book to share together.



Our little Wombles and The Wombles then helped the community by having an organised litter pick in the park. They had so much fun but couldn't believe how much litter was lying around!

Anxiety Talks with Year 5 and 6

Yegor said, 'Monica's presentation was very useful. It helped us to understand more what anxiety is. I really liked how she explained what to do when you feel anxious such as moving our bodies or doing something creative. Thanks, Monica!'



Mindfulness and massage with Sarah



Most children were introduced to what Mindfulness is by Sarah, this was really interesting for them to listen to how it is helpful and how they can use it.

Sarah also kindly did our parent and child massage sessions. Feedback has been really positive...one parent commented "This was really useful and exactly what I was hoping to learn. Please can we do it again?" Another commented "We are going through a diagnosis and massage was helpful in getting my sons attention. Would recommend."

Due to the demand, Sarah will be providing private sessions in a group setting in the village. If you would like to know more than please email her at growingtogetherwithsarah@outlook.com

Parent and Child Art Sessions with Emma



Heath for Kids Leicestershire is a really useful website for health advice. It has a wealth of information on many subjects.



<https://www.healthforkids.co.uk/leicestershire/>



This link will take you to a website for children to learn to help them with a range of issues through games, quizzes, facts and reading.
<https://www.healthforkids.co.uk/>



Mental Health Training for School Staff

We are pleased to be able to update you with news of how we are extending knowledge of mental health and wellbeing across our staff.

Mrs Marks has recently qualified as the school Senior Lead in Mental Health, completing a DfE qualification. Miss Pearce is undertaking a Wellbeing Champion Apprenticeship.

Mrs Darlison is completing her ELSA training.

Mrs Torpey and Mrs Spencer have qualified as Youth Mental Health First Aiders.

We have also invested time to support the wellbeing of staff in addition to children.



For another website to support childrens mental health and wellbeing , go to the BBC link.



<https://www.bbc.co.uk/teach/moodboosters>



For a wealth of information about how you can support your child with their mental health and wellbeing, please see Leicestershire Healthy Schools website. In the primary section, there are a wealth of areas such as anxiety, bereavement that all have sections to support parents and carers. Follow the link below.

<https://www.leicestershirehealthyschools.org.uk/primary-schools>

Sports News



Great news from the basketball team. After winning the previous round of the Market Harborough area basketball, the Kibworth team was invited to play at South Leicestershire finals. Our little basketballers faced very challenging opposition as you would expect at this level. In the first game we were losing by 4 points but our players showed great determination, skills and teamwork. We managed to bounce back and eventually won that game 8:6. We kept that "WE CAN DO IT" attitude throughout the whole competition and won all of our group stage games.

Another win in the semi-final and we were in the final. This was really tough and a very physical game which ended as a draw in regular time. As we had to determine the winner, both teams played in "sudden death," meaning, who ever scores first, wins. Both teams defended at their best which made shooting and scoring winning points very difficult. After a long display of great basketball, the other team managed to score the winning point and made Kibworth the 2nd best team in South Leicestershire. Both finalists qualified to the county finals which will be played at Morningside Arena, the home of Leicester Riders.

Mr Kostecki

Prayers from our Monday Prayer Group

Romans 12 serve one another with joy, share and be hospitable

🙏 We give thanks for the very positive SIAMS result and for all who helped make it happen, in every way.

🙏 We thank you for all the ways mental wellbeing is being supported and improved and we pray for healing for any who are struggling, both children/students, staff, and carers

🙏 We thank Father God for joyful, fun occasions like Wear what makes you happy. We pray for any children who find that difficult for whatever reason, that they will feel comfortable whatever they wear.

🙏 We pray for her healing for those facing health issues

🙏 We give thanks for all the help to keep children and students safe online and for all who are offering them a helping hand to the path of life and light.

🙏 We give thanks for all the sport going on in both schools and the massive impact on the players' wellbeing, giving thanks for the staff and their encouraging enthusiasm

🙏 Finally we pray for all the staff whatever their role and we give thanks for the start of the young people's fun event SWITCH at St Wilfrid's church hall 26th of this month at 5.30 pm for 11 - 14 year olds. Amen



Reading Raffle

To be in with a chance of winning a £5 book token next week make sure your child reads everyday and it is recorded in their reading diary.

This week's winner is:



Year 6—**Rosie**

Year 5 - **Ivy and Isaac**

Year 4—**Krishaan**

Year 3—**Ethan, Malak**

Year 1—**Primrose**



This week's attendance superstars are: **FST 98%, 1L 99%, 3S 100%, 6H 99%**



All children who have achieved 100% attendance for the previous week are entered into a raffle for a £5 book voucher.

Attendance is hugely important as it leads to success.

This weeks winners are:

Hermione KS1 Liene KS2

This week's points totals are:

Ireland = 3016

Morrison = 2633

Welton = 2902

Wilfrid = 2935