



DEBDEN PRIMARY ACADEMY NEWSLETTER

Friday 7th May, 2021

Dear Parents,

The main body of our newsletter this week is devoted to our upcoming 'Wellbeing Week.' Please also see our attached assembly slides, for more information about the fun activities and events that have been taking place in school across this past week.

Next week (Monday 10th May – Friday 14th May) we will be holding our annual Wellbeing Week. This is a week in which we think about the things that help to keep us healthy and happy – and it has perhaps never been so important as it is in the current climate! Each day of the Wellbeing Week corresponds with a key area of our 'Wellbeing Wheel':

-Monday 10th May: 'Be Mindful' - Nancy Hughes from the CORAM Life Education SCARF program will be running Zoom sessions with each of the classes. In these tutorials she will help the children to develop strategies and activities to keep themselves and those around them feeling positive and purposeful. In the spirit of care for ourselves and others, on this day we are also asking children to bring in one food item to be donated to the Uttlesford Food Bank.

-Tuesday 11th May: 'Get Creative' – In addition to creative activities taking place across the day in classes, each class will also participate in a session with 'Kenny the Rapper.' They will be composing and performing their own rap songs!

-Wednesday 12th May: 'Learn New Skills' – Classes will be split into smaller groups, and will be learning a new skill or activity alongside members of staff. Whilst the exact activities are under wraps, last year the children got to experience activities such as cross-stitching, tennis and photography.

-Thursday 13th May: 'Get Active' – The children will be completing a morning workout routine and obstacle course, led by a mystery fitness coach!

-Friday 14th May: 'Connect' – This day is all about building relationships with people. In addition to in-class activities prompting children to get to know their peers in more depth, each class will also be enjoying a class breakfast.

In addition to this, John Saxon and his church team will be setting up a prayer space relating to personal growth. Each class will spend some time there throughout the week, providing a chance for them to reflect.

The events are all being organised in-house, and we need very little from our parent community in order for the week to go ahead as planned. However, please do remember the following:

- 1. Please can all children bring along at least one food item (e.g. tinned foods, pasta etc.) for our Uttlesford Food Bank donation on Monday (10th May).
- 2. Please can all children attend in their PE kits on Thursday (13th May) for the 'Get Active' day. Please see our previous note on the correct PE uniform – we would like to take some photographs for our communications mediums and the local newspapers, so it is important that all of the children are looking smart!

Finally, please could I express a big thank you to Ms Weetch, who is working tirelessly to ensure that Wellbeing Week is well-planned, purposeful and enjoyable for all.

Kind Regards

Mr Hawley