



OPAG



Newsletter from our Wellbeing Champions

February 2022

@OPA_Greystone



Last week we celebrated Children's Mental Health Week. The theme this year was Growing Together. Here are some of the activities we did throughout the week.

Assembly

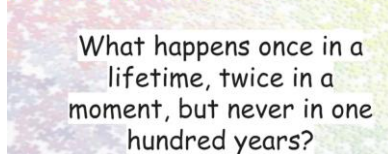
We kicked off Children's Mental Health Week with an assembly discussing how we can grow personally and achieve our goals by pushing ourselves outside of our comfort zone.



Daily Riddle

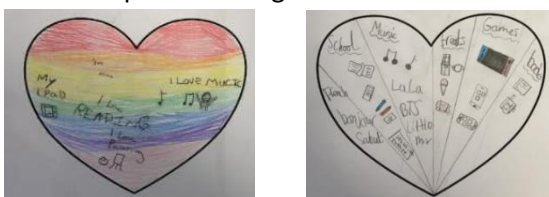
Each day we set a riddle for each class to solve.

#OPAWellbeing



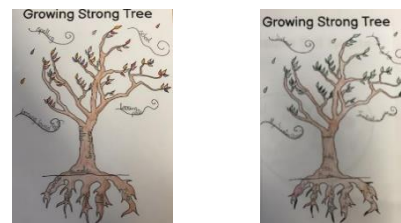
Positive Self Hearts

We set everyone the task of decorating hearts to show three positive things about themselves.



Growing Strong Tree

Everyone created Growing Strong Tree to show all the important things that make their life strong. The roots are people or things that make you feel supported. The trunk represents things that you like about yourselves or are proud of. The lines of the wind are challenges that you are facing.



Positive comment of the day

The Wellbeing champions from each class displayed a positive quote for the class each day during Children's Mental Health Week.



Mental Wellbeing Website

There is lots of useful information on our website including a green 'Mental Wellbeing' button which will direct you to the Outwood Trust Mental Wellbeing Strategy and the Outwood Mental Wellbeing Website.



Mental Health Leads

- Yr1 – Summer
- Yr2 – Mia and Ava
- Yr3 – Layan and Olivia
- Yr4 - Khloe and Amy
- Yr5 - Seth and Keira
- Yr6 - Meg, Lois and Liv