

## Well-being at Pineham Barns

### Beat the Street:

As you are aware, Pineham Barns are taking part in the community challenge 'Beat the Street'. It is a platform where local schools, families, workplaces, community groups and individuals get outside in the fresh air and compete to see who can walk, run, cycle or roll the furthest over a 6 week period. All children have now received a fob from their class teachers so they can take part.



You can join in too and make it a family experience by collecting a card from the school office and following the steps below:



1. Register your card/fob at [beatthestreet.me/Northampton](https://beatthestreet.me/Northampton) to join Pineham Barns team.



2. Find your nearest Beat Box and hover your card/fob until it beeps or flashes. (Hint: there is one right outside school).



3. Walk, run, cycle or roll (no driving!) to a different Beat Box within an hour. Hover your card/fob to earn 10 points for Pineham.



4. Carry on your journey. Score 10 points for each extra Beat Box you visit on your journey.

Your child should have received a map with their fob but they are also available at the school office and you can download them from the Beat the Street website.

Please note: Week commencing: 11/10/21 there will be **double points** during commuting hours. Get moving everyone!

### **Well-being at Pineham:**

At Pineham Barns Primary School, our children's wellbeing is the highest importance and we promote positive wellbeing in everything we do. Our ambition is to create confident, resilient and empathetic learners who know how to look after their physical and mental wellbeing. We have designed a Wellbeing curriculum which is taught every week on 'Wellbeing Wednesday's,' this includes a wellbeing assembly and then a 45 minute session based on physical and mental wellbeing. We teach wellbeing through the 5 ways of wellbeing which are:



This term we are focusing on 'connect' and the children will explore this way of wellbeing in their weekly sessions.

***If you have any well-being concerns please contact a member of our well-being team or your child's class teacher:***

Our well-being team includes:

Mrs Emma Cook

Mr Aaron McDonald

Mrs Linda Eaton

Mrs Sarah Green

### What's been happening at Pineham:



The well-being champions have been busy setting up a new initiative to encourage 'connect' around the school. They have designed a variety of positive affirmation postcards for the children to choose from and write kind messages to a peer in a different class to them. We now have a special post-box where these postcards are posted and the well-being champions deliver them around each week.

A great idea and lovely team-working!

Year 2 had a special visitor this term, Margaret from The Hope Centre. She spoke to them about the charity and they are now busy planning ways they can help to raise awareness, money and food to help support the charity. Well done Year Two!



### Well-being and SRE:

Every second "Wellbeing Wednesday" we'll focus on Take Notice, one of our Five Ways To Wellbeing. Our aim is to reinforce and develop a deeper understanding of our Relationships Education curriculum by examining our unique and diverse community. The aim of this curriculum is to ensure that children have the knowledge that will enable them to make informed decisions about their well-being, health and relationships. The curriculum enables them to build positive and safe relationships with family and friends, both face to face and online by ensuring they are taught the following, before they leave primary school.



PINEHAM BARNS  
PRIMARY SCHOOL

- Family and people who care for them.
- Caring friendships
- Respectful relationships
- Online relationships
- Being safe.

Our main priority is your child's safety, happiness and well-being at school. If you have any concerns about another child's inappropriate behaviour towards your child, then please do not hesitate to contact Mrs Stewart or any other members of the safeguarding team.



### **Worldly Wise Day:**

Following on from Black History Month 2021, we will be continuing to look at diversity within our community through a Worldly Wise Day. More details to follow shortly.