





Well-being Week



Well-being is something that is so important to us here at Lowdham CofE Primary. Not just because it is the 'in thing', but because the very nature of well-being means being well. If we want the very best for the children in our care, then we need to ensure that they are looked after, that their very being is well. We want them to be **physically healthy, emotionally healthy** and **spiritually healthy**. If we manage all this, then great things can happen. We are incredibly proud of our school and the offer we present to the children in it. We are proud of how we care for them, how we nurture them and how we prepare them for life in Modern Britain and life beyond Lowdham CofE Primary. It is of equal importance too then that we look after our staff. We ensure that they are looked after, happy and enjoy coming to work. This is not easy and it takes energy, effort and a whole school conscious effort.

By ensuring that all staff and children are well, safe and happy, we give them everything they need to **shine like stars**.

BGW



Shine like Stars



LOWDHAM C of E PRIMARY

Well-being Week

Healthy in body, mind and spirit.

May, 2022

Shine like stars Phil. 2:15

Timetable: Well-being week: Mind, Body & Soul



	Registration 08:55	Session 1 09:00-10:10	Collective Worship 10:15-10:30	Break 10:30- 10:45	Session 2 10:45-11:45	Guided reading 11:45-12:15	Lunch 12:15- 13:15	Session 3 13:15-14:20	Break 14:20- 14:30	Session 4 14:30-15:30
Mon 16th	<i>Godly Play day (Anne Lumb- library)</i>	CW – BW recorded; Godly play	EYFS 09:30- 10:00 Y& 10:00- 10:30		Y5 10:45-11:25	Y6 11:25-12:00		Y2 13:20-13:50 Y3 13:50-14:20 1.30pm Author visit R/1		Y4 14:35-15:10
Tue 17th	<i>Young Voices pm</i>		Start learning Flashmob				Young Voices 12:30 > TC CG HD SMi	Basketball Y2/3		Basketball Y2/3
Wed 18th	<i>Rocksteady</i>	Rocksteady CW 9am	R/1/2 09:40-10:20		Y3/4 10:30-11:10	Y5/6 11:10-11:50		Y1 Forest School Y3 swimming		Y1 Forest School Y3 swimming
Thu 19th	<i>Yoga day (hall) Art day (library) Rev Anna 'prayer pods' (outdoor space)</i>	8 for art with Kerry (library) Y6 9-9.30 Y5 9.30-10.00 Y4 10.00-10.30 YOGA Y4/Y2 (hall)	Practise whole school song & flashmob		8 for art with Kerry (library) Y3 10.45-11.15 Y2 11.15-11.45 YOGA Y1/Y6 (hall)			Y1 Multi-sports @Woods YOGA EY/Y3 (hall)		Y1 Multi-sports @Woods YOGA Y5 (hall)
Fri 20th	<i>Inflatables and slush day (field/AWP)</i>	inflatable & slush puppy EY/Y1/Y2		10.45- 11.15	inflatable & slush puppy Y3/Y4			inflatable & slush puppy Y5/Y6		CW to share highlights of the week Perform song and flashmob

PPA as normal this week

Storytime at the end of each day 15:15

Stone painting – see JFH

HeartSmart lessons (use this time to catch up if you're behind or need to recap)

Walk to school week (BW to promote in NL; HD to push on Dojo)

Love others; **E**verybody join in; **A**lways do your best; **R**each out; **N**ever give up.



Monday



Lucy

"I am the good shepherd. I know my sheep and my sheep know me."
John 10:14

The Good Shepherd

"The Good Shepherd was very special"

"I learnt about Jesus"

We listened to the story of the Good Shepherd in our Godly Play. We thought about what it meant to us and how it made us feel.

Rose

"I am the good shepherd. I know my sheep and my sheep know me."
John 10:14

The Good Shepherd

"The Good Shepherd was very special"

"I learnt about Jesus"

We listened to the story of the Good Shepherd in our Godly Play. We thought about what it meant to us and how it made us feel.

Jessica

"I am the good shepherd. I know my sheep and my sheep know me."
John 10:14

The Good Shepherd

one sheep got lost. The Good Shepherd came to find it.

Thank you, it was fun.

We listened to the story of the Good Shepherd in our Godly Play. We thought about what it meant to us and how it made us feel.

Isay

"I am the good shepherd. I know my sheep and my sheep know me."
John 10:14

The Good Shepherd

"I liked it when the shepherd took care of the sheep"

We listened to the story of the Good Shepherd in our Godly Play. We thought about what it meant to us and how it made us feel.

Lyla

"I am the good shepherd. I know my sheep and my sheep know me."
John 10:14

The Good Shepherd

I like the sheep I liked listening to the story.

We listened to the story of the Good Shepherd in our Godly Play. We thought about what it meant to us and how it made us feel.



We had our Godly play. We enjoyed listening to the story of the Good Shepherd and thought carefully about what the story told us, and what it means to us.

'We listened to the story of the Good Shepherd. We thought about the meaning of the story and afterwards we chose a creative activity to help us think about what the story meant to us!'

Mind Body and Spirit



Godly play

Anne, from the diocese, came to tell us the story of the Good Shepherd.



We reflected on the message of the story and wrote down our thoughts.



16.5.22 Godly Play

'The Good Shepherd'



"I am the good shepherd... I know my sheep and my sheep know me."
John 10:14

The story was about...
A good shepherd who never let any of his sheep wonder and stopped the wolf yes.

We wondered about...the sheep...

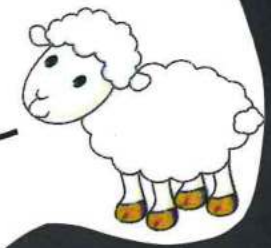
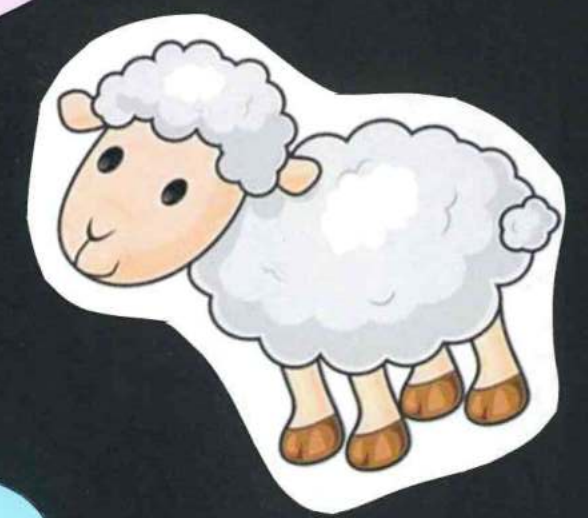
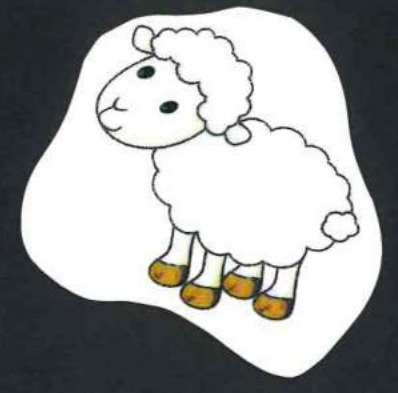
the sheep always hoped they would be taken care of by the good shepherd not the ordinary shepherd.

We wondered about...the good shepherd...

the good shepherd never let any sheep behind or went back for them.

I really liked the story because we had juice and biscuits and I liked the story.

I like godly play because you get to listen and have more biscuits and juice.



Godly Play
 'The Good Shepherd'

16th May



"I am the good shepherd.. I know my sheep and my sheep know me."

John 10:14

We wondered about....the shepherd...
 What I think if the Shepherd represents God because he guided the sheep, who were the defenceless against the wolves. So the Shepherd helped the sheep overcome the dangerous areas and get back to the pen. Also, like Jesus, the Shepherd put his life on the line for the sheep.

We wondered about....the sheep...

Well, what I think, if the sheep are God's people to protect, and the Shepherd (God) guides them in every hard time they go through.

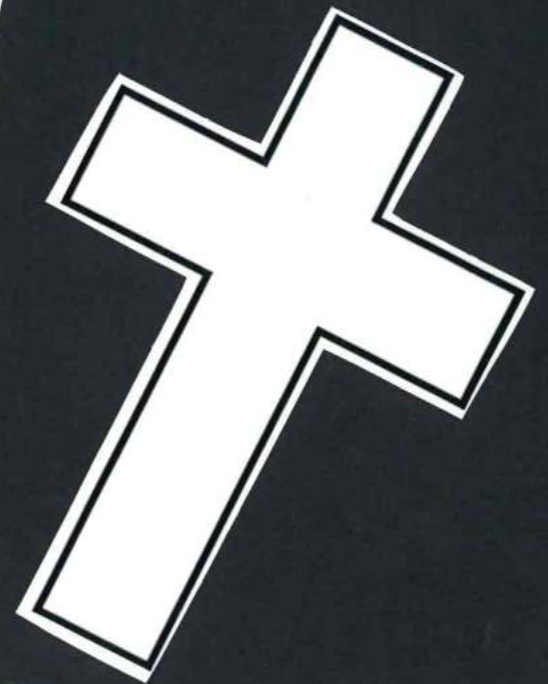
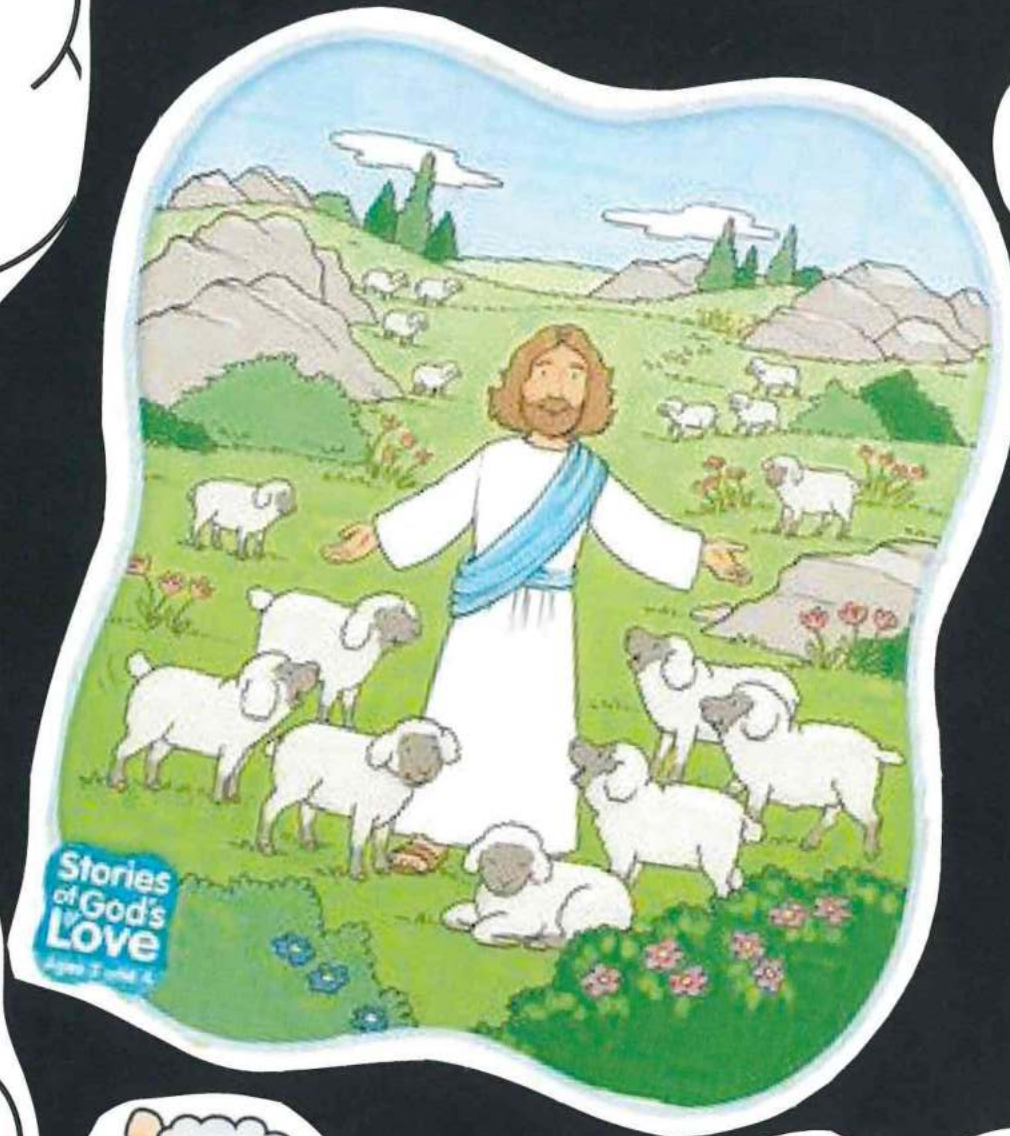


This is how I will apply what I have learnt to my life...

The way I see it is if God always guides me and I'm God's sheep, who is defenceless against all the problems I'll have to face. Also, God never leaves me just like a the Shepherd.



"I am the good shepherd.. I know my sheep and my sheep know me."
 John 10:14



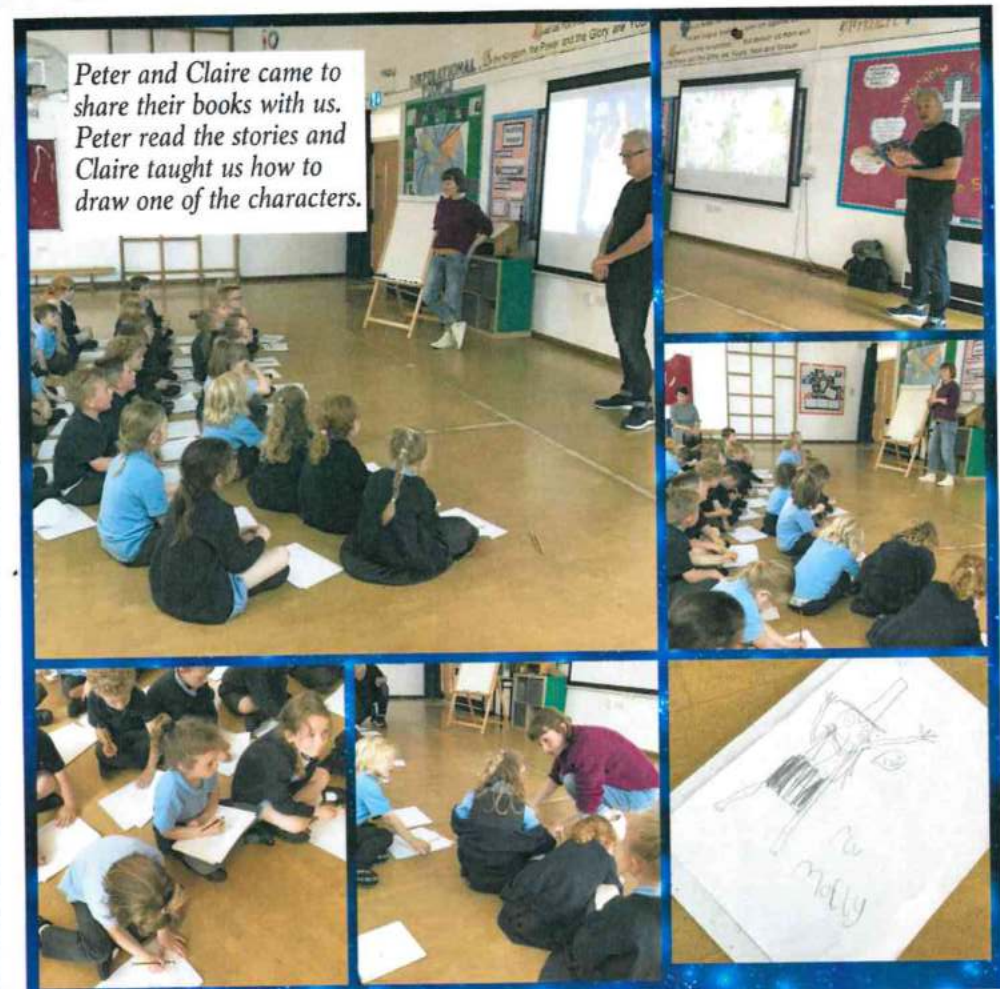
I am
 the Good Shepherd
 John 10:11



Class 2—Monday 16.5.22

This morning we spent some time thinking about our feelings and our own wellbeing. We talked about how we can help to look after ourselves and others around us.

We made a tree of hearts to remind us of how important we all are.





I Painted a sunset and a bird because I think it is a sign of hope.

I Painted a sunset because it relaxing



Class 3 thought about God's world. Their activity was to paint rocks thinking about 'nature'. They designed them in their sketch books first and then picked their favourite to transfer on to the rock. They placed the finished rocks in the school

Class 7



Today we made friendship bracelets and gave them to our friends. It felt like we were happy to give one away and made me excited to be given one.

Today we made friendship bracelets for our friends in the class. To give them away it made me feel warm and fuzzy inside, and when I give one away I feel like I care about someone.



Photo

Class 5

I really enjoyed making the tulips and using my origami skills

I enjoyed making these beautiful origami flowers even though they had tricky folds.

Sophine



Making the flowers were very fun and very calming. I would love to do this at home!!

I like making the flowers because it is a challenge for us and it is good to do a challenge because if you get it wrong you can try again.



I loved making the flowers because it was very relaxing and fun my favourite so far to make was the tulip because it was very easy and I have memorised it.

Alicia



I liked making the flowers because I think that they are very calming to do.

I loved making flowers I didn't know you can do that by folding it.

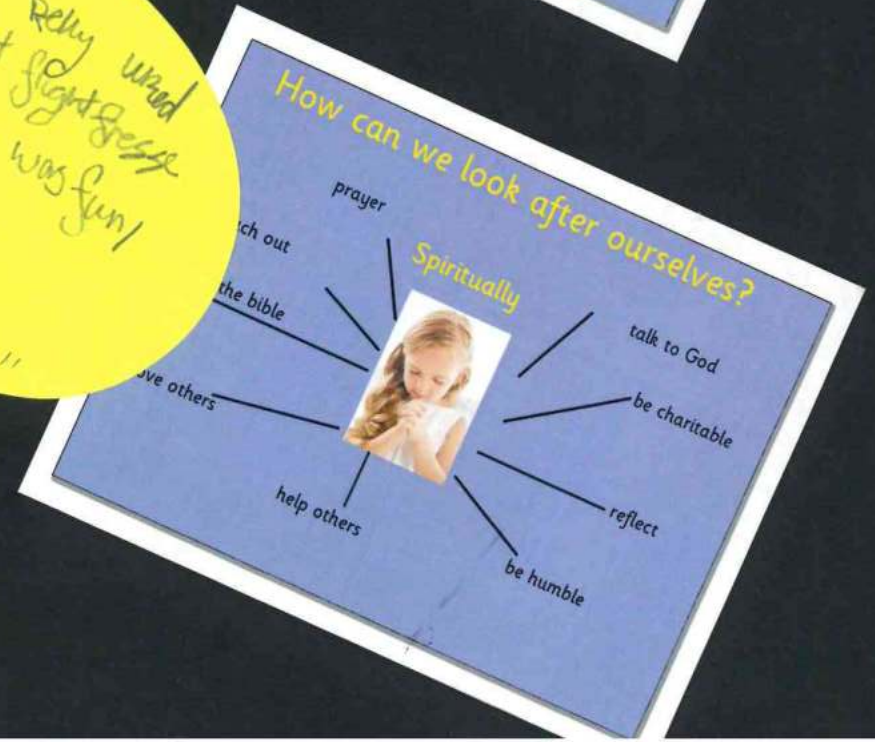
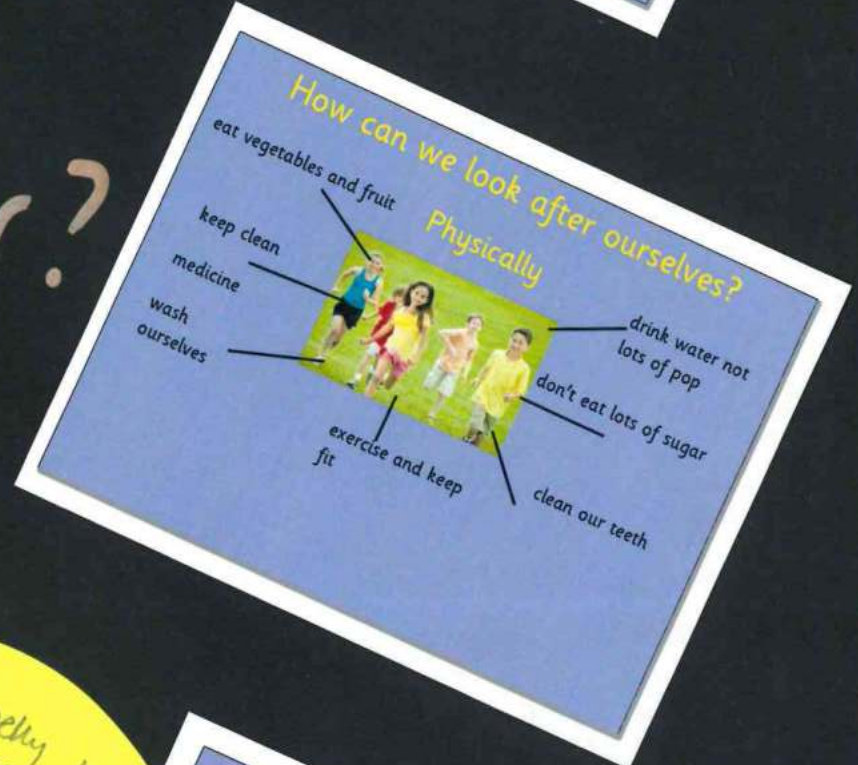
Class 6

We thought about these questions:

What is mental health?

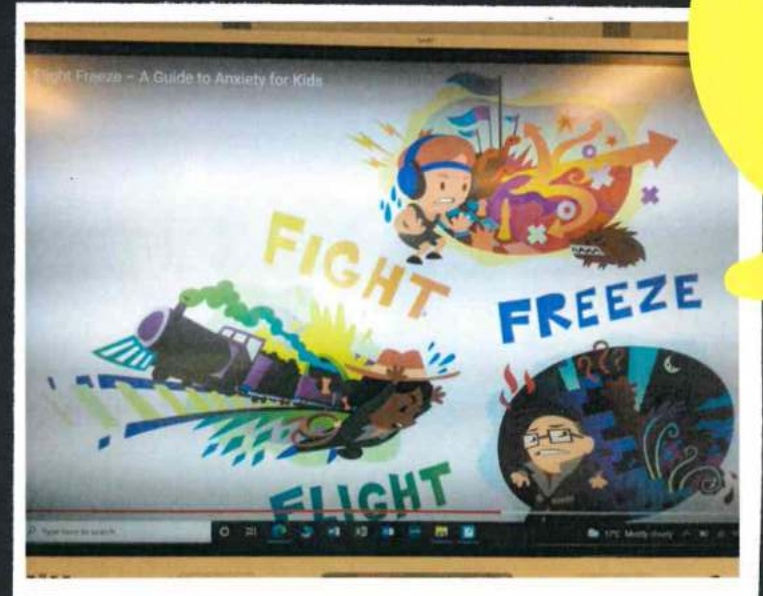
How do our feelings affect our behaviour?

How can we look after ourselves?



I really used the fight freeze model because it was fun!

"Dix Hayden"



Mental Health and Well Being at Lowdham

How do you feel today?

Emotions

Tell the person next to you how you are feeling. Maybe ask them "How are you feeling today?"

Did you know our brain has many sections or departments!

The hand model of the brain

<https://www.youtube.com/watch?v=gm9CU740xw>

Our mind and emotions make up our mental health. We care for our mental health just as important as we care for our physical health and our spiritual health.

We all have mental health

Can you think of other ways to be mindful?

MINDFULNESS

<https://www.youtube.com/watch?v=4NrppUAa2U>

There are also audio/visual meditations on HeartSmart

Mindfulness is a good way for you to give your mind (your brain) a break. How can you be mindful at school? What do we do at school to help you look after ALL of your mental health?

Don't forget to take time in



Tuesday





"We painted our rocks, our theme was Nature."



Helping each other.

Making flowers for the neighbours

Class Reception:
"A baby chick!"



We have watched our chick hatch today. It was so exciting to see it finally appear 🐣

Making flowers to give to our neighbours!

Class I wrote their own prayers

I am safe
for my sis
and family

Ava

Dear God
thankyou for
our Friends
and Families
and all the
toys Amen



With
Love
Ava

Dear God
I am
sorry for being
mean to my friend
Armen Poppy

Dear god
for my friends
and all pets
and Owen and Ava
Amen
Ella



Each grain of
sand is
different and
unique just
like me!



Class 2 : Sand Art

passing

double
dribble

classes
2 & 3
had a lesson
with Jimmy
the Jumpshot.



Physical

shooting

defending

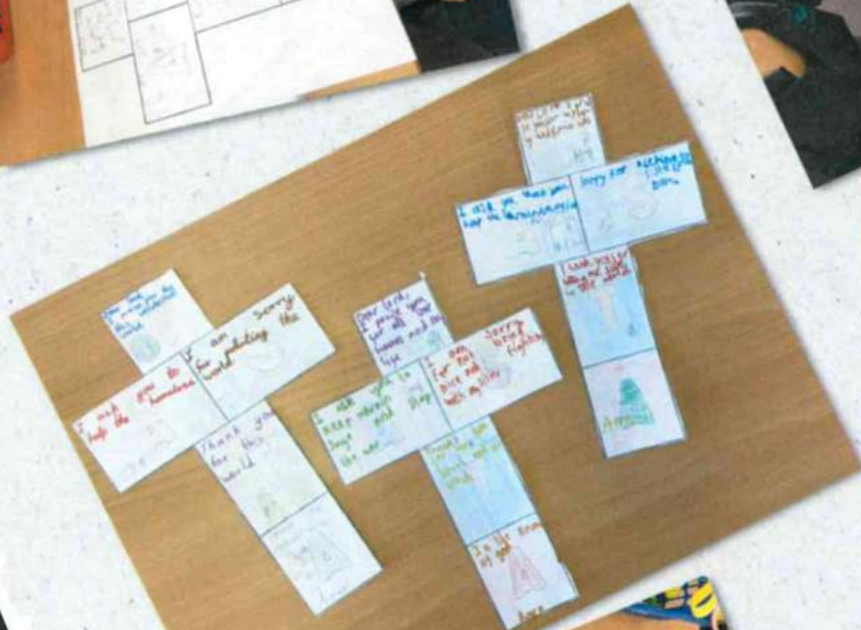
dribble

18.5.22 PASTA Prayers

Yesterday, the year 3 children wrote some reflective prayers on these crosses.

The prayers have been thoughtfully written and beautifully decorated with pictures.

We are planning to place these in our prayer garden to share with other children.



P praise
A ask
S sorry
T thank you
A amen



Dear Lord
I praise
you that
you keep
us safe
at home



I ask you
to stop war



sorry for
polluting the
world

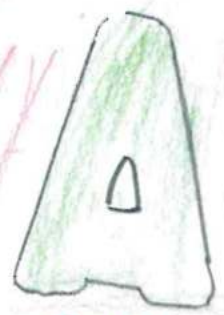


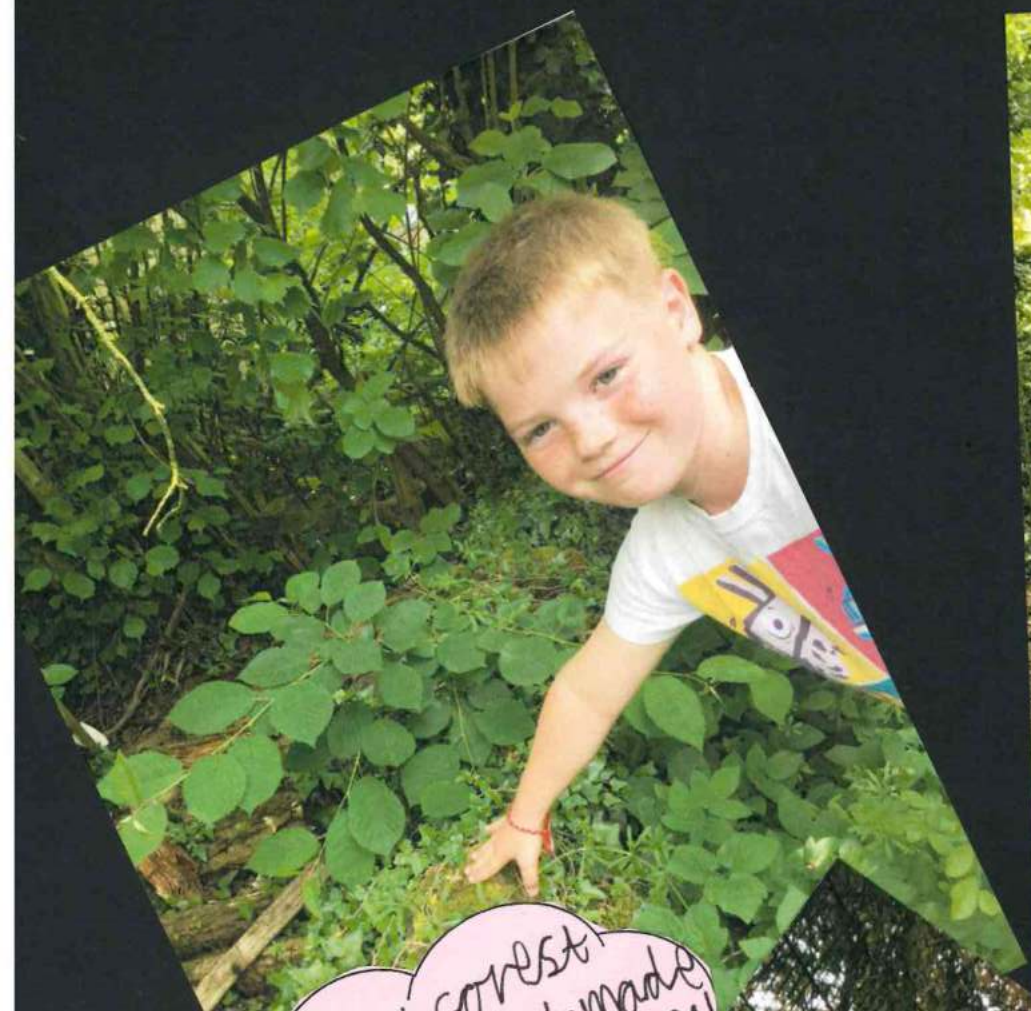
Thank you
for nature
and plants



Mind
Body
Spirit

Amen





I enjoyed doing forest school because it made me feel calm and happy and it was fun doing the activities.



I liked forest school because there are lots of birds and it is really nice.



I liked forest school because we had to find plants that fell on the floor and make anything out of it.





I think that forest school
 is good for eye Mint
 because there are birds
 singing and there are so
 many flowers.



I think forest school
 is good because
 you get to go outside
 and have lots of
 fun.

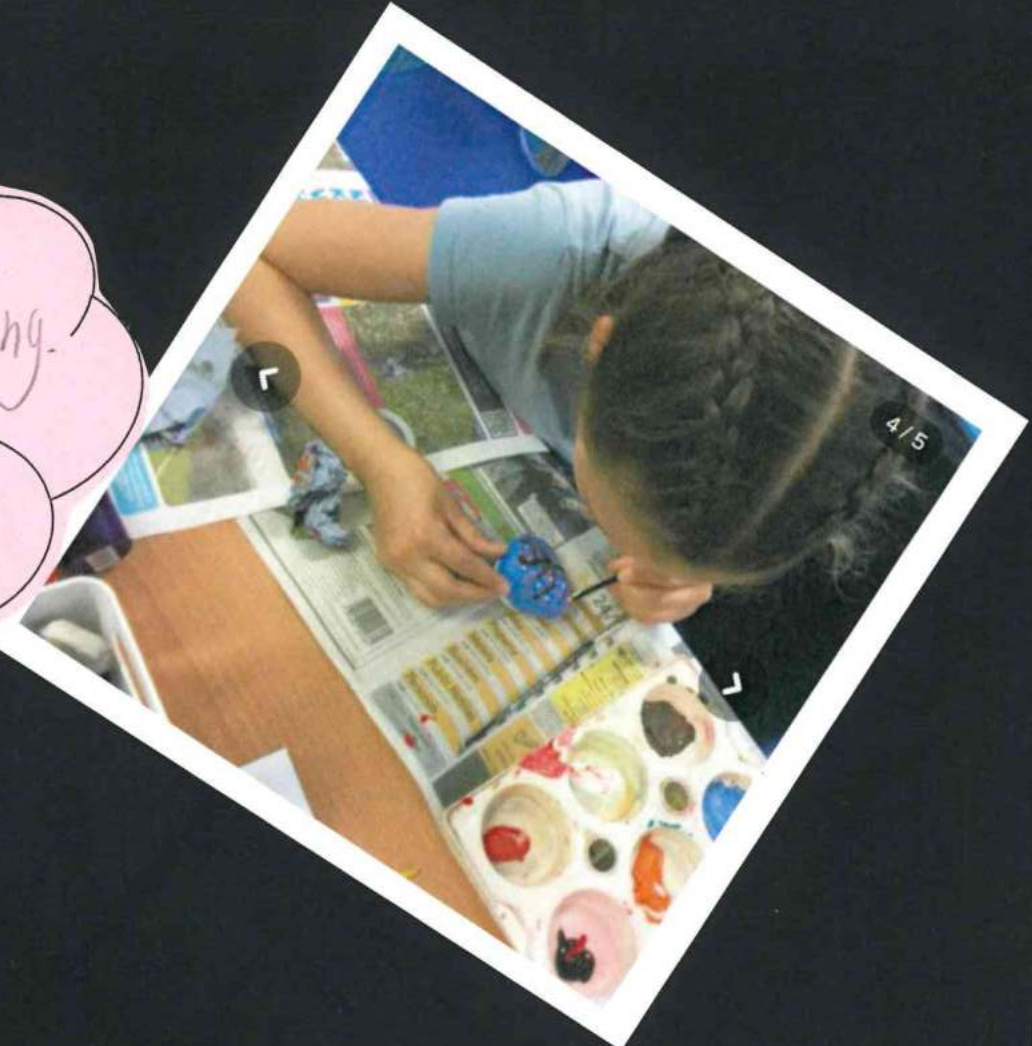


Class 4 had an
 afternoon bird
 spotting, texture
 hunting and creating
 nature art.





I really liked the rock painting and sewing.



I enjoyed rock painting because it was colourful and relaxing.

I loved the rock painting because it was peaceful and fun for me.

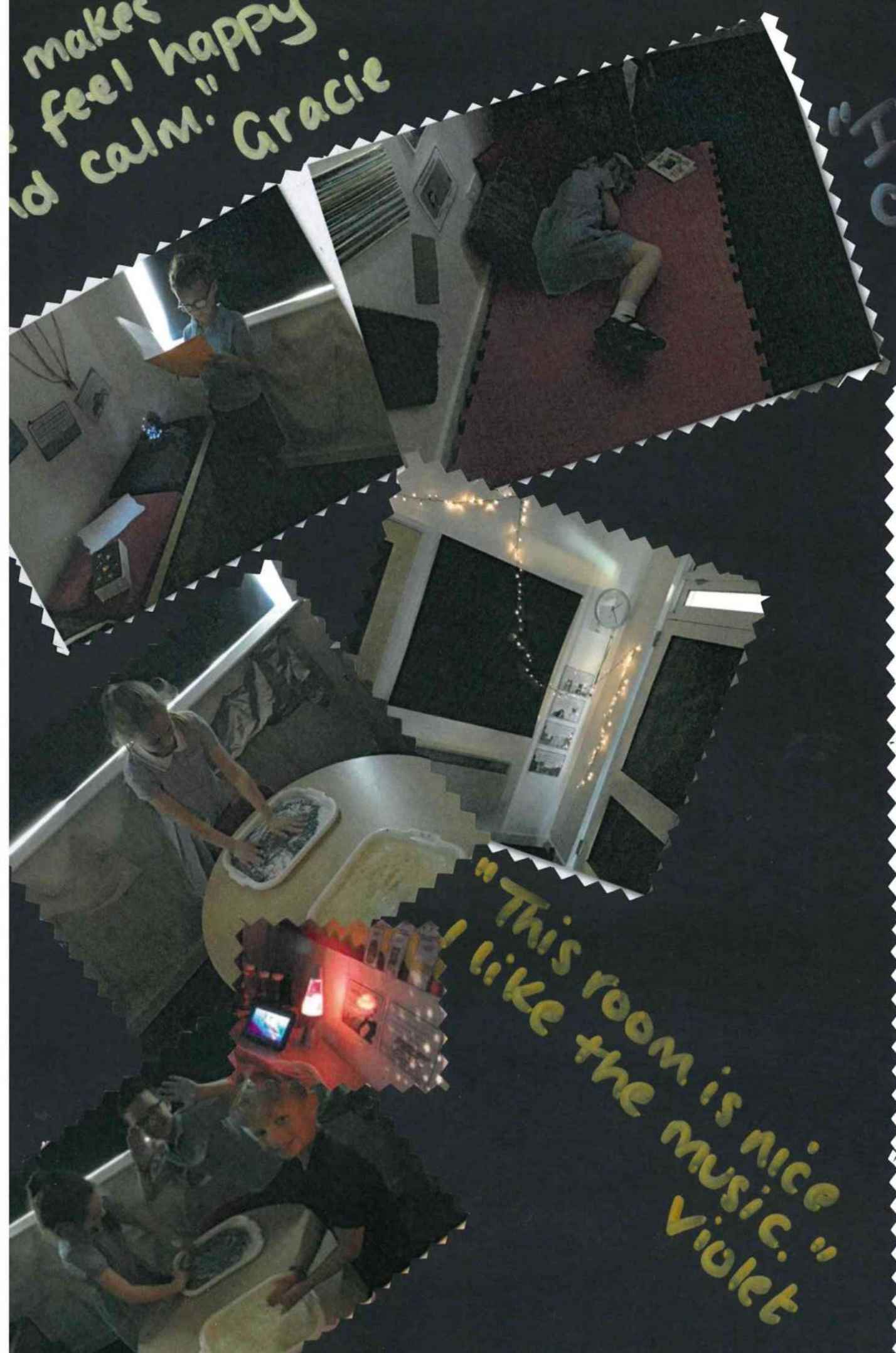


Class 5 rock painting

"It makes me feel happy and calm." Gracie

"It is so calming." Evelyn

"I like the feel of sand the sand makes me feel like I am at the beach." Joshua



"This room is nice I like the music." Violet

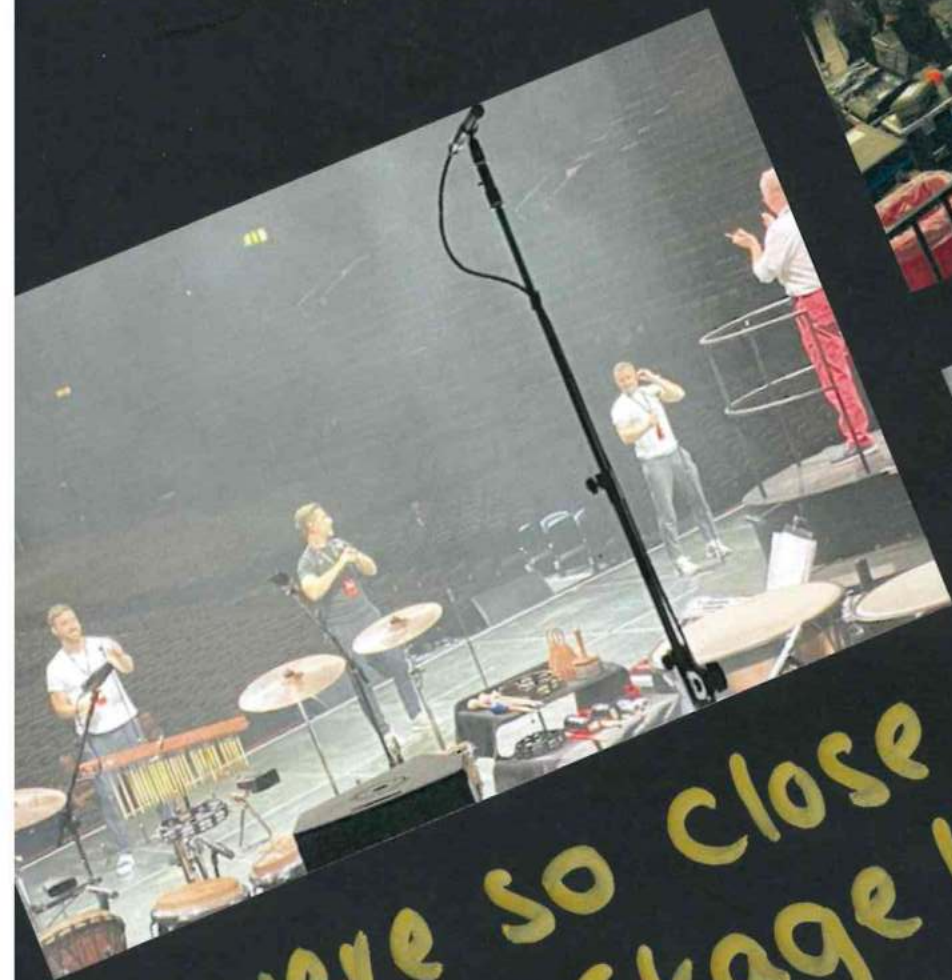
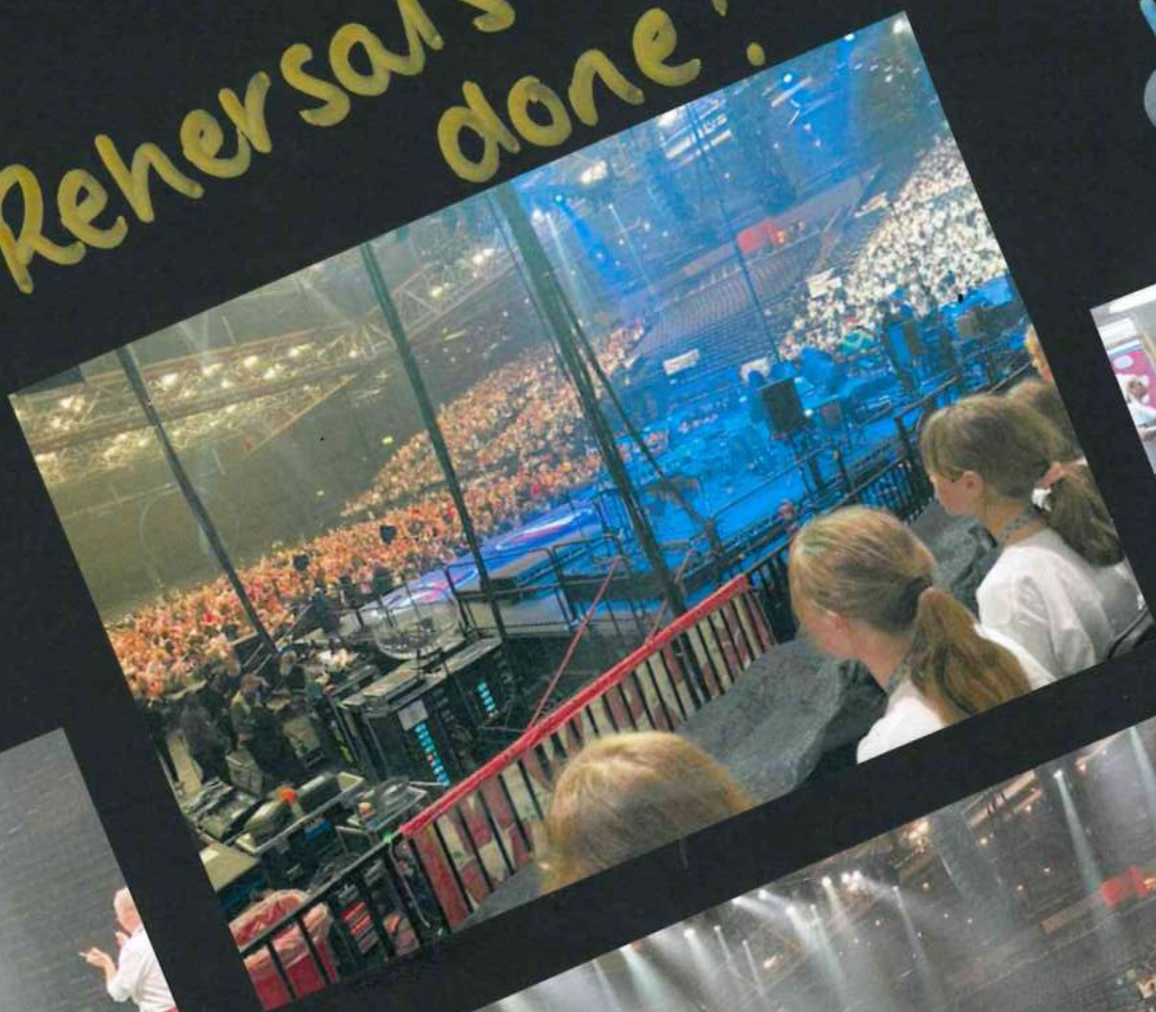


Sensory play in our sensory room





"Rehearsals done!"



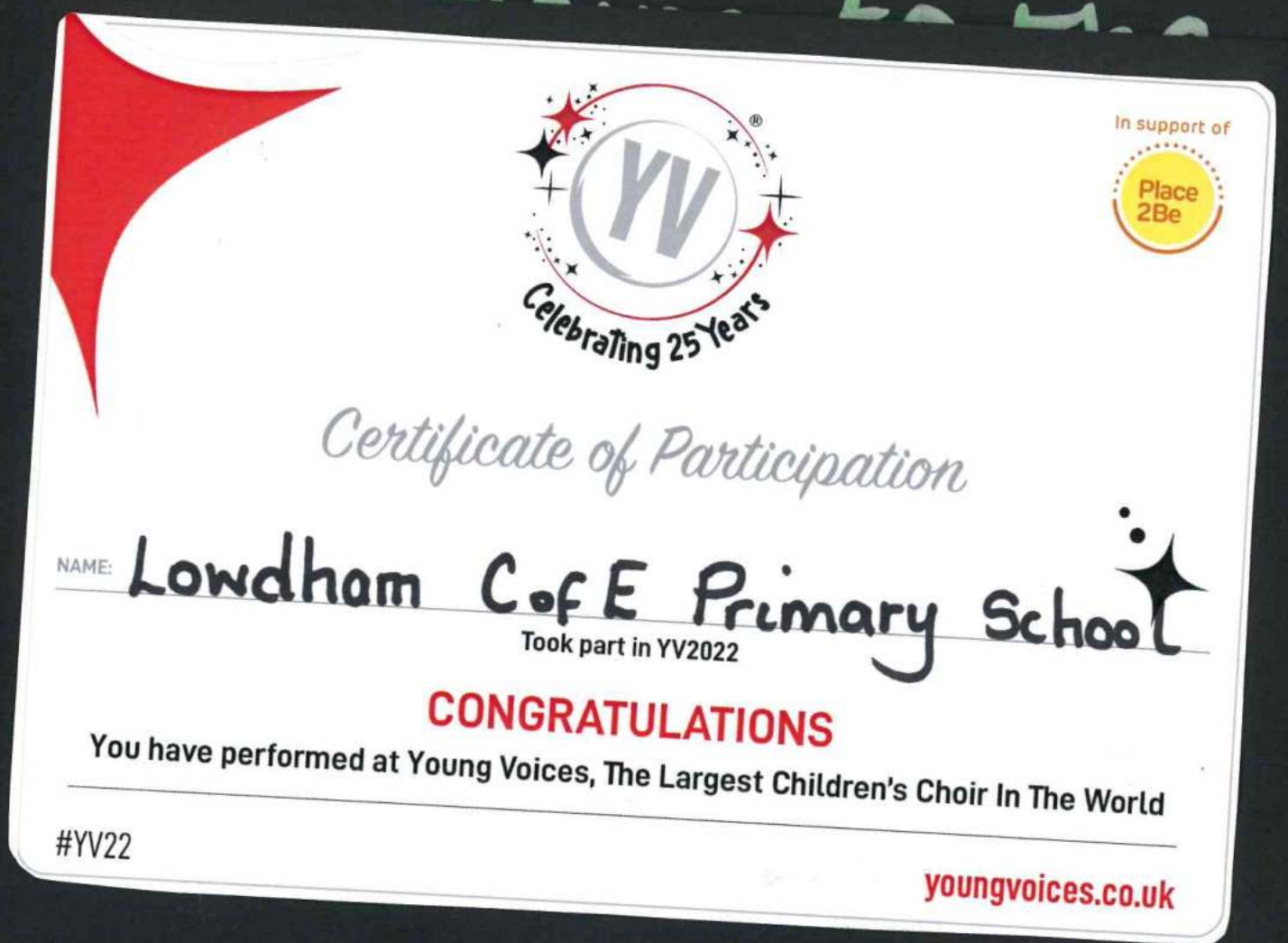
"We were so close to the stage!"



"We're on our way."



Choir went to Birmingham to take part in Young Voices



The largest choir in the world.





I think that making flowers were fun to make. We made them and were



I think the flowers will be a nice gift for our neighbours and I loved doing the activity



I think that making flowers was nice and nice. I think it was good.



I found making the flowers very relaxing. Max W

I found that making the flowers was peaceful and fun. Oscar K



I found the flower making was very thoughtful and myself, so I think it was appropriate for well being week. Harry L

It made me feel happy inside.

Class 6 rising to the challenge!

I really liked making paper flowers for the neighbours because I know that they will really like them and it will cheer them up which makes me happy!
Sienna

I feel that the flower making was my favourite activity because it was nice and calm and very fun.
Oliver

I liked the flower making task because lavender is my favourite flower and it was very relaxing.

I think making flowers was a great idea because all of the neighbours have to put up with all of the children making a lot of noise also they give the children that kicked the football over back.



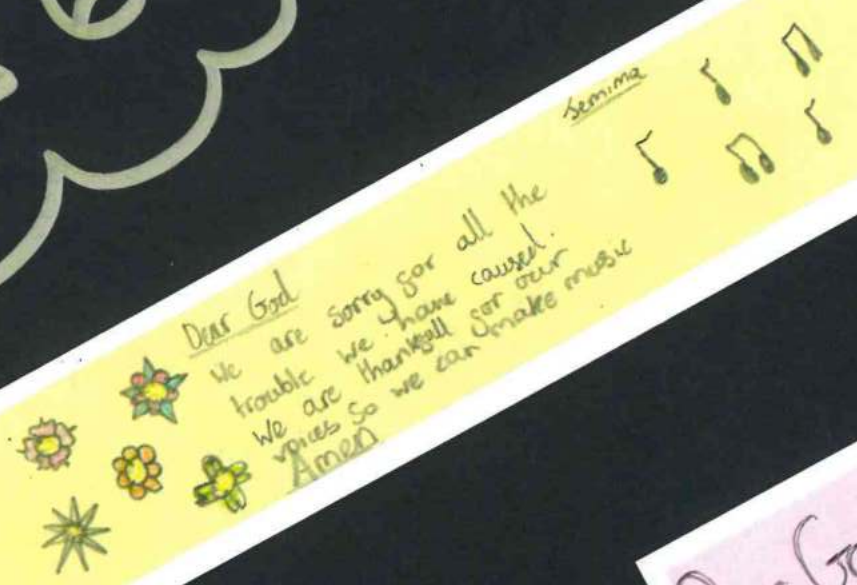
We have made you flowers during our wellbeing week to thank you for being good neighbours. 
Loudham Church of England Primary School

lavender


Class 6

Our Prayers...

Dear God
 We are sorry for all the trouble we have caused. We are thankful for our voices so we can make music
 Amen




Dear God, thank you that we have food, water and a roof over our heads
 Amen



Dear God, please may you keep the children that come for the amazing week we are having and will carry on. Amen



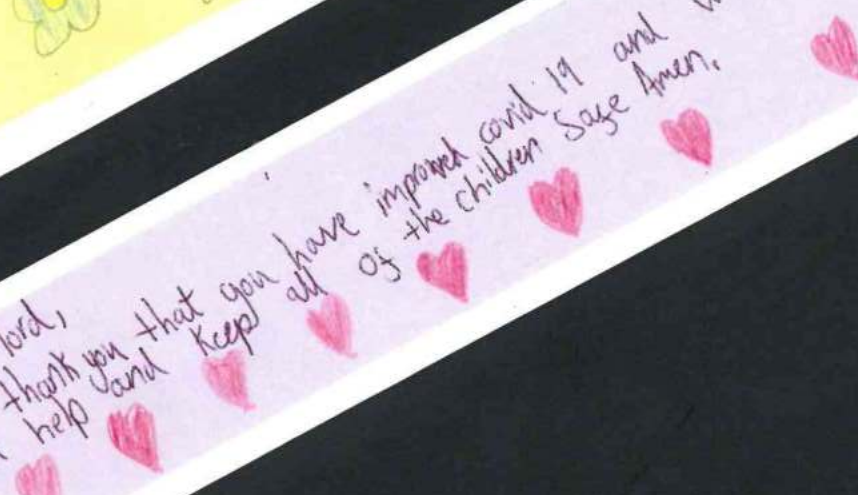
Our saviour we praise you in your name. we ask that world peace can be achieved, we are sorry for destroying your world. thank you for us and friends.
 Amen



I ask Dear God, that you take care of the Ukrainian Refugees and that the war will soon end. I thank that I am so lucky.



Dear lord, we thank you that you have helped and kept all of the children safe. We ask that you help and keep all of the children safe. Amen.





Wednesday



"Class Reception made healthy snacks... delicious!"



We made a healthy snack and talked about what makes a healthy body.



How do you feel today?



Rock Steady



Dear god sorry for ukraine
Amen



Taking time to talk to God

Dear god thank you for
POPPY, Darcie, Ava & Amen



Class 2 planted seeds



light



Food

Water



love

What does a seed need to grow?





Rock Steady

I thought it was amazing! I loved Rock Steady

It was very fun with lots of chances to join in! Beatrice & I

I loved how the music thrived and how they helped us to understand the instruments like guitar.

I like rock because I learned a new song. Scarlet Barrett

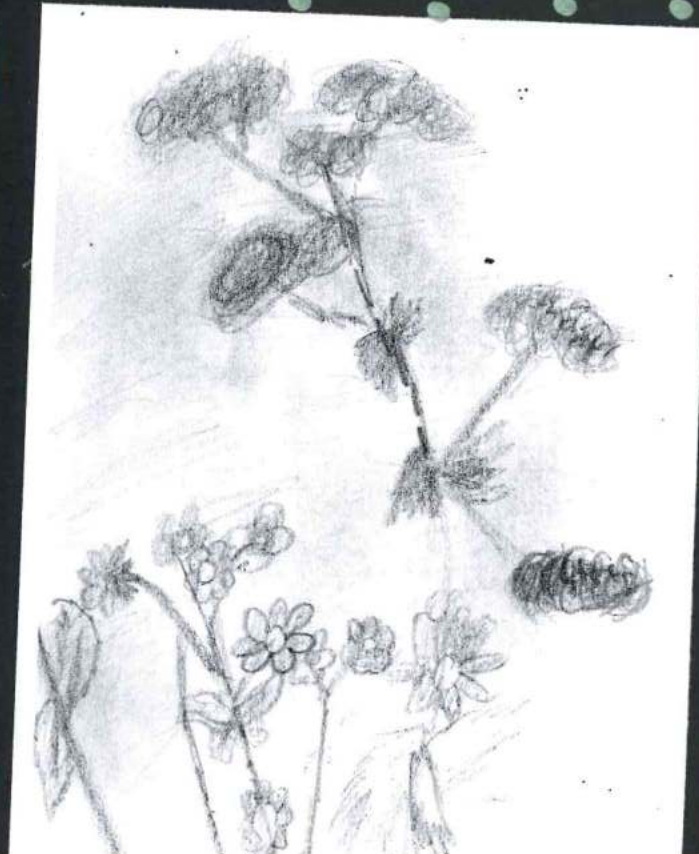
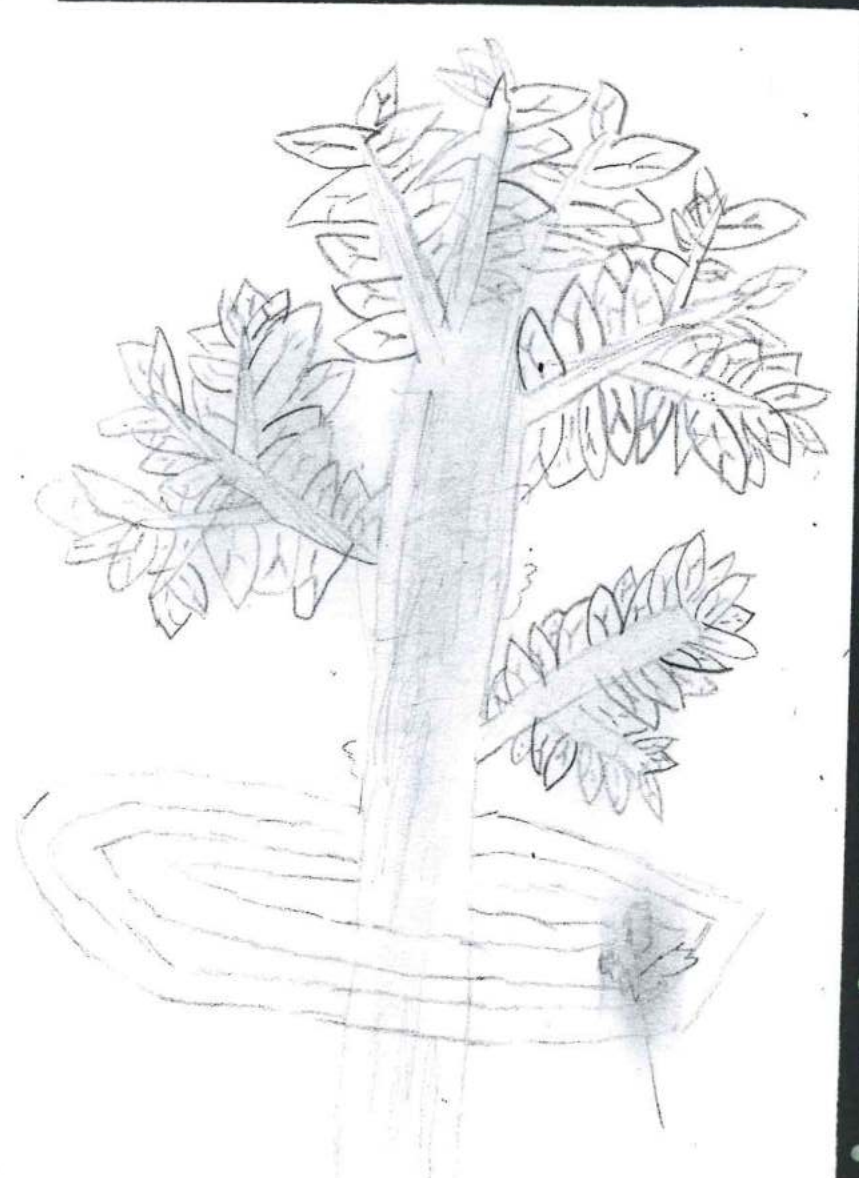
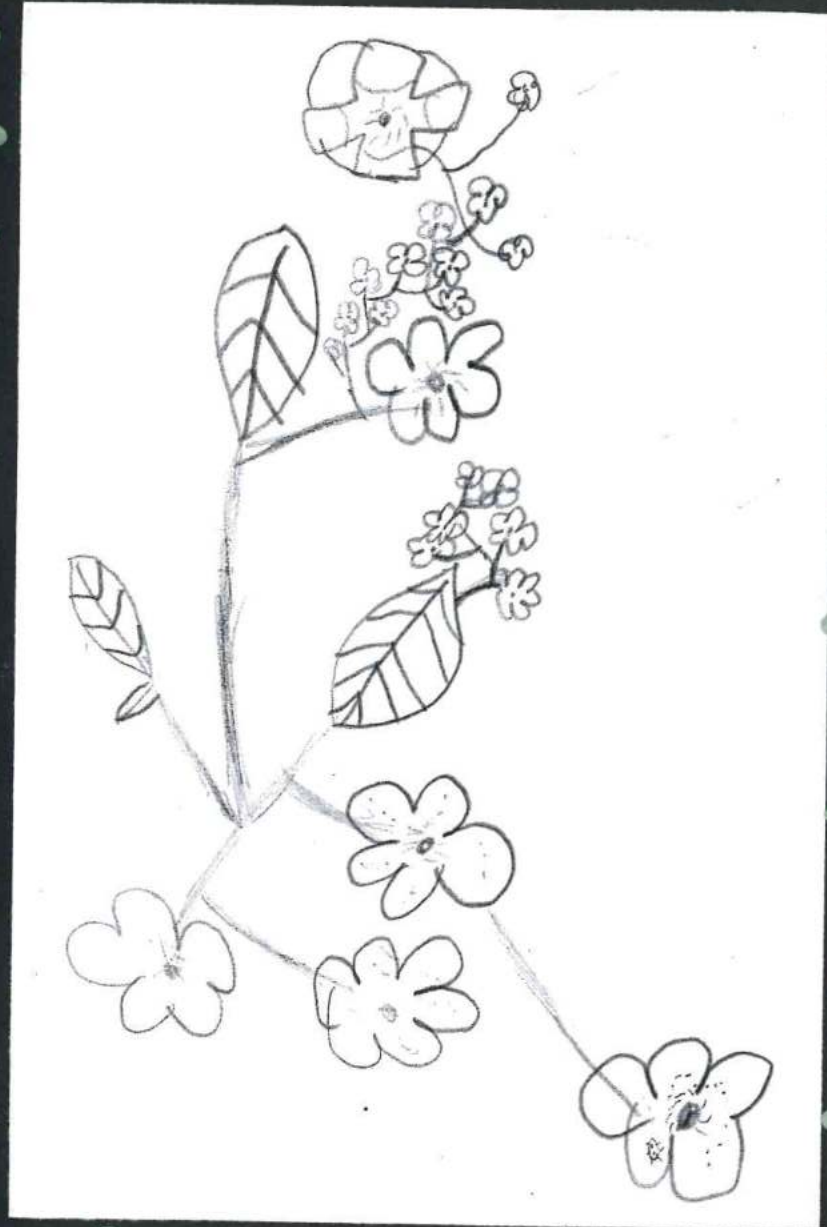
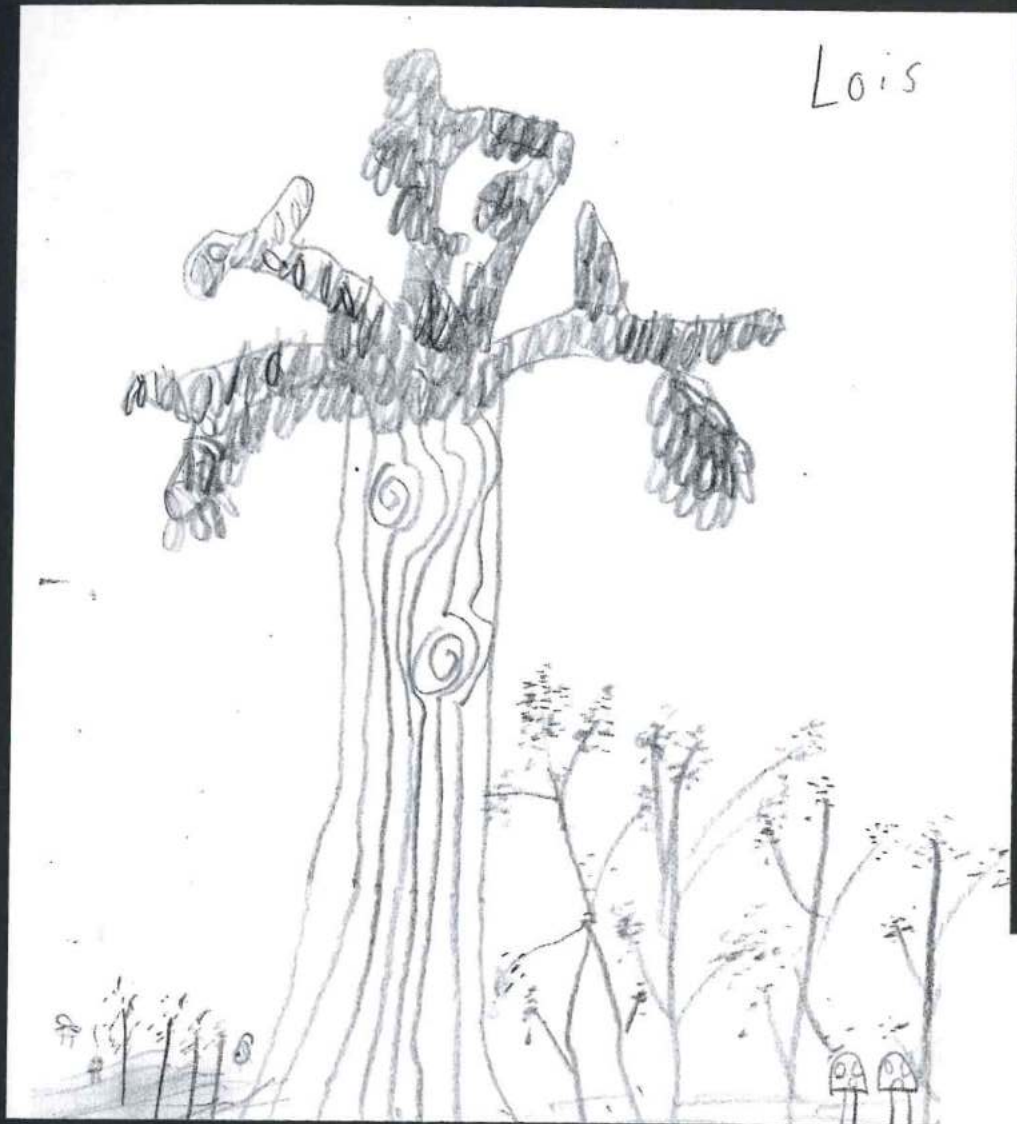
I really loved Rock Steady because we got to listen to songs and sounds, we got to learn about instruments and have a shot at it for our Mrs

I chose Rock Steady music and let some of us go on stage to play instruments. They were funny. Because

Class 5 had time in the Forest School to be mindful and creative ...



Sketching nature



I enjoyed rock steady because I liked the sound. I liked the man did funny songs. And also when we got to play instruments.

I really enjoyed making the flowers and my favourite thing so far was making my bookmark as I have lost most of mine!
Semima

I enjoyed Friendship bracelet because it made me happy when people give me the bracelets because they are my friends

I enjoyed Rock steady and learning about the different instruments.

I think making friendship bracelets sells relationships. It's so easy. It's hard because you have to sell all the stuff up.

I like making friendship bracelet because it fun and it colourful

I think that Sewing was Mindful but at times it could be quite stressful when things go wrong

ed making book marks because mindful and calming. I enjoyed it.
Lois S

I like making the flowers because it was really relaxing and calming
Isabelle, 16

I like making the flowers and I loved the idea.

I loved doing Friendship bracelets because I get to give my friends them

I liked sewing because you get to keep them and I need a new book making I was a very mindful and calming activity.

I liked colouring rocks because it is really enjoyable and relaxing and really detailed.

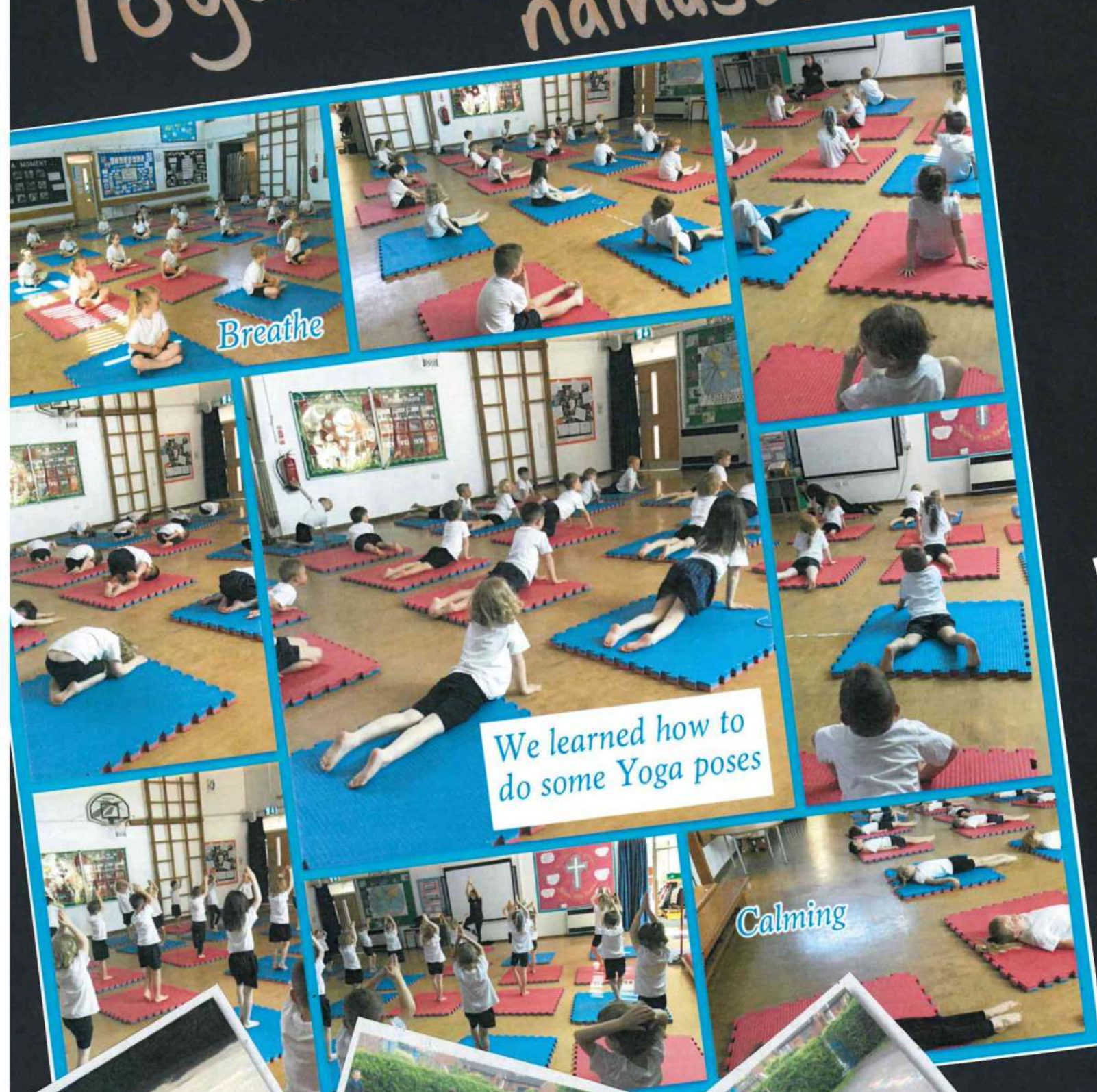
The paper flowers were very fun when we made them on



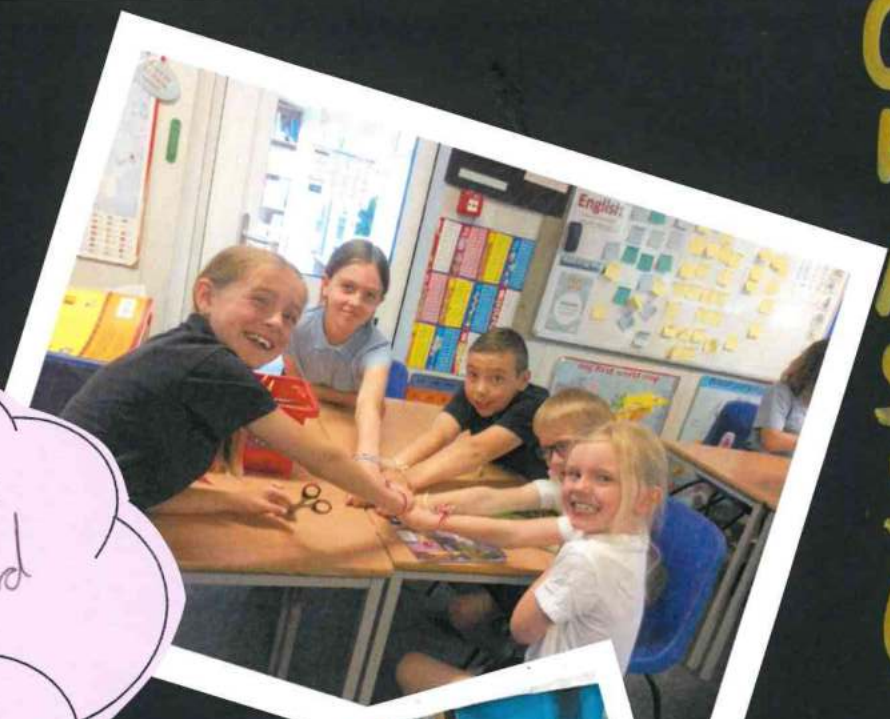
Thursday



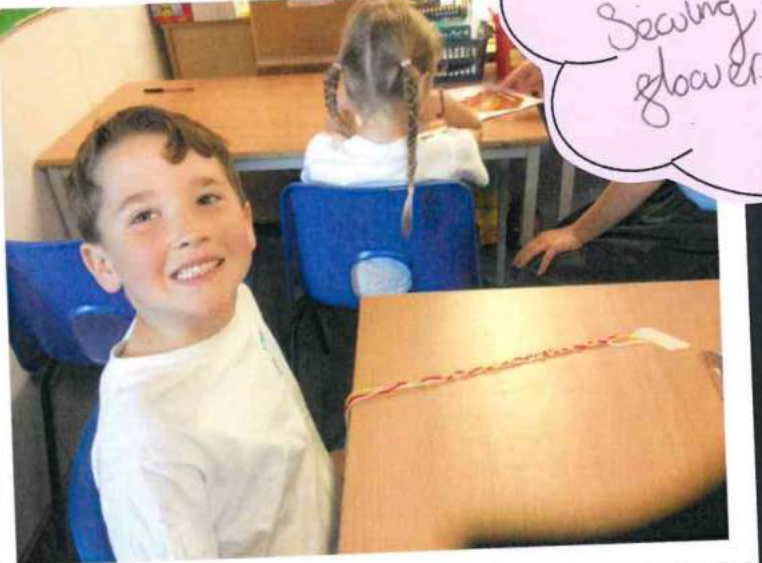
Yoga ... "namaste"



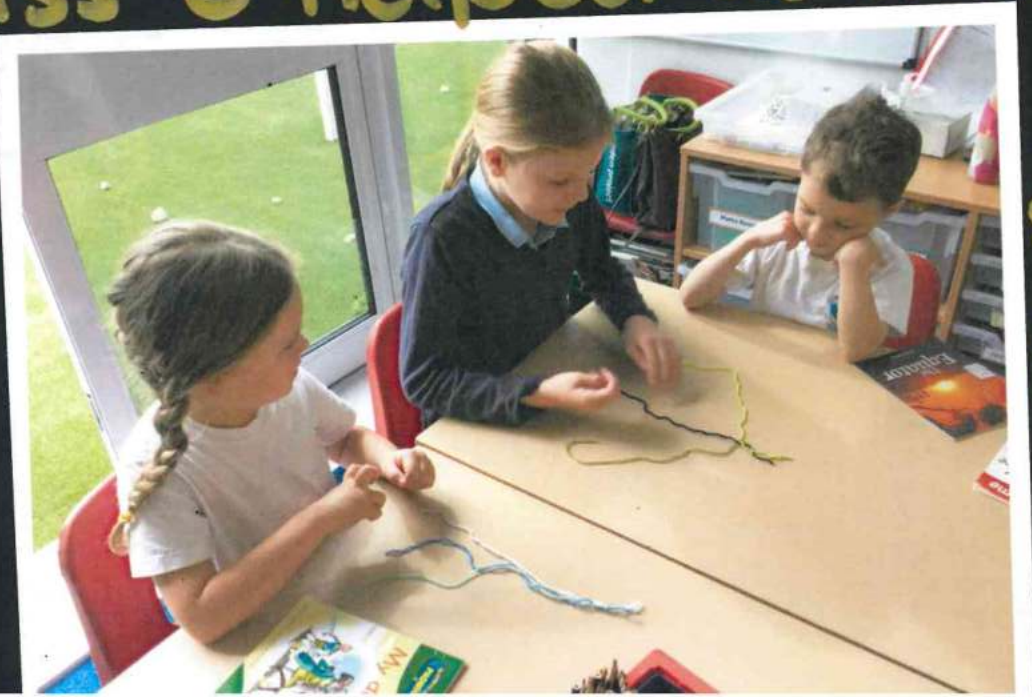
CLASS 6 @ CLASS 1



I enjoyed making friendship bracelets with the year ones and sewing also rock painting and gloves.



Class 6 helped us make our friendship bracelets.



5SSATC

Treasure Hunt

I enjoyed weaving and starting to sew our book marks. I also enjoyed the yoga.

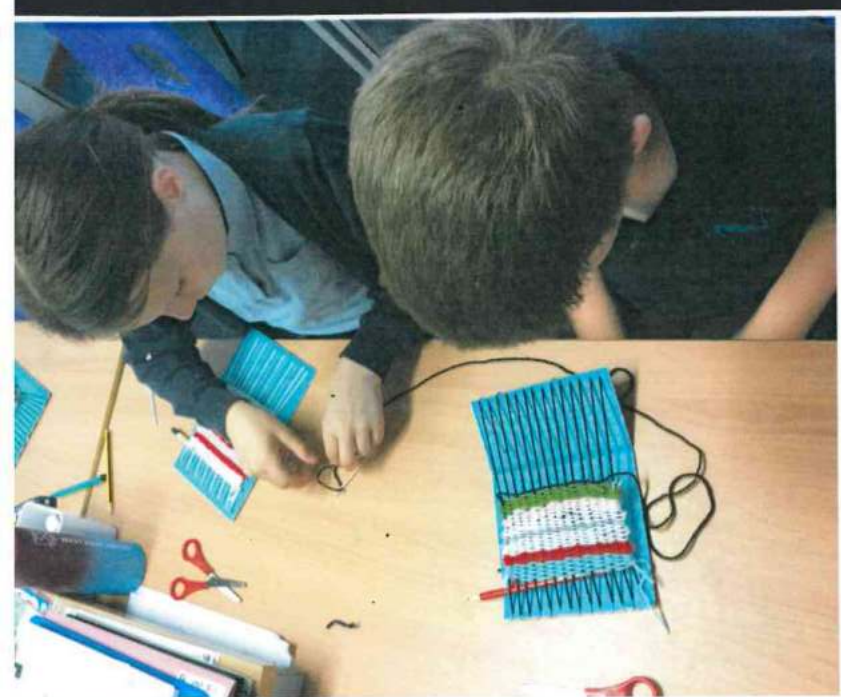
I learnt new poses in yoga. I loved doing the weaving.

I liked doing/finishing my weaving and I liked sewing my book mark. My favourite thing was definitely the weaving.
Heidi



liked weaving!

Weaving





Sitting Pose



Cobra Pose



Open tree Pose



Dog Pose



bow pose



Tree Pose





Class 6...
 We were thinking about natural circles in nature.
 What do you think to our creative circles?

Natural Circles

We see circles in so many flowers, seeds and plants and the food we eat. We have only to spot the rings in a tree's growth, the perfect circular cup of the acorn and ripples in puddles to be reminded of what the ancients called the 'monad' in natural forms in this universe.



I found that
art activities such
as sewing is a
peaceful activity
Kerry A

All the children had the opportunity to add
their own star to our school mosaic.
This was designed by the children of Lowdham
school with the help of Kerry from art club.



**Whole
school
mosaic**



Elliot's mindfulness week:

- It was fun
- Exercise most fun
- Rock painting
- reading books
- Been fun not doing any work.
- would love to have mind-fullness-week every week
- Elliot loved the exercise because he got football.

I have enjoyed learning about Andy Warhol and painting the flowers because I like his pictures.

Leo's reflections
 Rock painting and the Doreen assembly
 Leo's favorite activities to do, He said he liked the art work because it was really fun for him.

I enjoyed the sensory room because it was quiet.
 Yakob

Charlie
 I have liked the water in the room because it was and it was relaxing and cool and it was so nice.

I have enjoyed making friendship bracelets with year 1 and I enjoyed rock painting because of the cute designs.

DARCI
 I enjoyed the sensory room because I enjoyed the picture art I played in the sand. And I made a flower and I enjoyed it because was calm and relaxing.

Olivia: year 1. Harry: year 6.
 I liked making flowers.
 I enjoyed painting rocks because she liked making/painting ladybugs.
 I really thought the rock steady thing was cool because the electric guitar was loud and made a cool sound.
 Also I loved making friendship bracelets because of the creativity!

I enjoyed when rock steady came in, my favorite instrument was the electric guitar.
 I also enjoyed making the friendship bracelets because I liked tying them together.
 Jasmine + Layla

I like Painvin rock because it was playing.
 Amy

I liked the same band that I go to because to rock music.



Friday





Fun Friday!



Wheey na na
hey hey! Yipee!
Hold on!
bouncy

Inflatables and a Slush Puppy

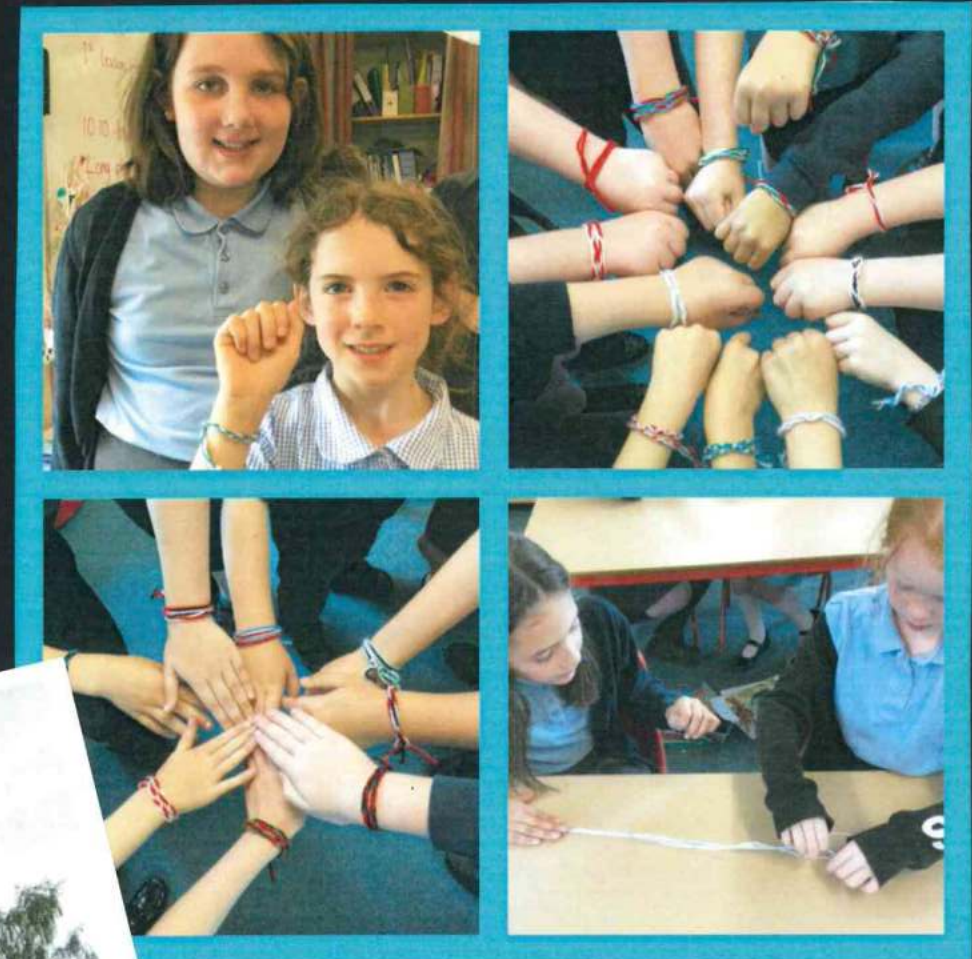


So cold...

Yummy

Whole
School Flash
Job

Calling out around
The world



Are you ready for
brand new
eat?



Summer's here
and the time
is right



in the
street

They'll be dancing,
the dancing in the street



It's an invitation
across the nation,
a chance for folks to meet

They'll be laughing
and singing and
music swinging
Dancing in the street





Before ...



After



Mind Body
Spirit

Body Percussion



class #

slide



jump

bounce



Dear God, I thank you for my family and friends. I have all the people that are all good well soon Amen.



jump



Dear God, I thank you for my family and friends. I have all the people that are all good well soon Amen.

our prayers



slide

Dear God, I thank you for my family and friends. I have all the people that are all good well soon Amen.

I enjoyed the rainbow parachute teamwork because we used a lot of work and had a laugh.



Teamwork

being together



Love others ... 🌸

We have been thinking about how we can be kind to others.

As a school, we came up with the idea of making flowers to give to our neighbours. Each year group made a different type flower and these were then put together in to beautiful bouquets.

We delivered the flowers today and thanked our neighbours personally for being a good neighbour.



Thank you for
doing such a wonderful
of activities, what a fabulous
week they've all had! Thanks to the
team for all your hard work."
Laura Hutchinson

Hi, thank you for all
the lovely activities
arranged last week, the
girls were chatting about
it all weekend!

What a great week
they've had. Wonderful
Seb has loved it.
Rachel Brown

"The flowers look
amazing! Well done all
of you."
Sharon Edmond

"My two have
had such a great
week. Thank you to all
the staff for organising it
Joanne Parris

"The kids have
loved this week.
Thank you for
organising it."
Sam Sycamore

I chose, Forest School Because we did got to play and we some Missions.

I Like doing the sewing activity because it was very mindfull.
Immy

Today it was so awesome that we went to the workshop for some rock and my instrument was a keyboard because it will be perfect for my band and his music is lets get it now.

Joseph
I found the sewing incredible for keeping me calm and it helped my mental health.

I think that the sewing was mindfull because it has peaceful / you could do every thing for your book mids.

I liked drawing on the rocks because you can draw anything to do with nature and it's really relaxing.

my Savrac was making Slous bacos it mad me com
Jasmire yer 3

I enjoyed every thing but my favarrite thing was painting the stoner the Layla class

I liked making the gloves because at the end they looked really nice! ♡

I liked but every thing savourite was the thing cowlorny.
3max

I enjoyed everything but my favourite was binka. Inogen gale class 3

I really enjoyed sewing our own book marks because I sound it really peaceful and I like sewing. ☆

I liked making pompoms because it's calm and at the end it's really fluffy soft and beautiful.

I Like rock painting because you get to choose your colour and design.