



# Curriculum Highlights

14/5/21

## Mental Health Awareness

Following a challenging year for all, promoting positive mental health continues to be top of our priority list. This week has marked Mental Health Awareness Week and we have been exploring good mental health within the theme of 'nature'. All children have been encouraged to explore the positive emotions experienced when being close to nature and how nature can bring a sense of calmness, joy and wonder to our daily lives.

Indeed, children across school have been connecting with nature, discussing its beauty and considering how it makes them feel. In Reception, as part of their ongoing 'Muddy Monday' work, children have been busy making their own ornamental bird feeders.

Children combined a variety of seeds and gelatin to make their ornaments and we know how excited children are to take their feeders home. We look forward to hearing about the different types of birds spotted over the weekend as children get close to nature!



There has been much excitement throughout the week in Year Two, with the highlight being a nature inspired scavenger hunt!



Children in Year One have been on a snail hunt and have appreciated the beauty of the natural world around them. They carefully explored the pattern and symmetry of snails' shells and this inspired their wonderful clay work, as modelled by Ollie below.



"I google snakes and snails. I look at their patterns and I think wow! That makes me feel nice and calm. I really like nature." Amir, Y1



In Nursery, children have been busy exploring the school grounds, searching for natural homes for their toy minibeasts!

## Mental Health and PE

As a school, we follow the NHS' 'Five Steps to Mental Wellbeing' and use these steps to provide children with a range of opportunities and experiences to improve mental health and wellbeing.

One of these steps recognises the importance of being physically active. Indeed, regular exercise helps children to raise self-esteem and causes chemical changes in the brain to improve mood. This week, children have continued to experience a range of PE activities across school.

As part of their dance unit of work, children in Y6 have been combining street dance and gymnastics skills as they build towards competing against other local schools. Each Y6 class will have their choreographed routine filmed and we look forward to hearing their results!



"I thought cheerleading would just be shaking pom poms...but I've really enjoyed it! I like learning new dance steps and putting them together."  
Aarush, Y6



## Y5: Athletics

Year Five have been working alongside athletics coaches to develop their sprinting technique. This week, children learnt how to explode out of the blocks and how to dip for the finish – as you can see below!



## Y3: Tri-Golf

In Year Three, children have been developing their golf skills as part of their tri-golf lessons. Children have competed in a variety of games to specifically develop their putting and chipping skills. Year Three are now looking forward to competing against other schools as part of a remote competition.



## Y3/4: Swimming

Swimming lessons have finally returned in Years Three and Four. All children who missed their lessons last year have had the chance to catch-up and develop their confidence with a variety of strokes. Children in Y3 explained one of their favourite activities was 'gliding' – particularly competing against each other to see who can glide the furthest!

