

Hi! I'm Miss Powell, Mental health and Wellbeing lead here at [S.M.I.T.H](#)



Celebrating our Wellbeing events & activities from last term



EYFS

EYFS have been taking part in lots of circle time discussions all about friendships and what makes them happy.



KS1

KS1 have really enjoyed chilling out with peer massage, dancing and singing to go noodle and finding out how to be the best bucket fillers we can possibly be!



KS2

KS2 created fantastic 'Hello Yellow' super heroes, danced to songs that make them feel good in their comfy clothes and made beautiful kindness cards!

Thank you 5N for your 'Thoughtful Thursday' notes which were given out all around school that had kind words and positive messages on!



What's to come next term...

We will be running some exciting family learning events next term and will be supporting and taking part in children's mental health week in February.



For more information and tips on how to support your child at home, please see our Wellbeing page on the school website.