



Wellbeing Newsletter Autumn 2024



We fully embrace the vision stated in the Church of England’s Vision for Education ‘Deeply Christian Serving the Common Good’ published in July 2016 of educating the whole person. We aim for our children and members of the wider school community to flourish in all they do and ‘live life in all its fullness’. (John 10:10)

At Nutfield Church School we are proud to continue to develop a curriculum that is ambitious and designed to give all pupils the knowledge and cultural capital they need to succeed in life. This year we continue to focus on physical and mental wellbeing. Each half term, every class will take part in Wellbeing Wednesday. This involves a whole morning developing and acquiring new skills to improve physical wellbeing. These sessions are led by Pete from Supreme Sports. For three half terms, the children will also receive double PE a week. The alternate half terms will be focusing on activities which improve their mental wellbeing. During Wellbeing sessions, children are taught Wellbeing Theory; P4C (Philosophy for children) and PSHE/RSE. Wellbeing + sits at the core of the Wellbeing Strand. Wellbeing + is a skills-based curriculum, whereby knowledge and skills are acquired by doing. Children apply what they are learning in Wellbeing Theory lessons to real-life scenarios, which helps them to fully grasp the subject and its application as well as developing the skills they will need later in life. The abundance of land at Nutfield Church allows us to deliver a range of Outdoor Learning opportunities such as animal husbandry, animal conservation and gardening. It is widely recognised that outdoor learning is a powerful tool that is proven to raise attainment, booster social, emotional and personal development and contribute to the mental health of our children, which is why so much value is place on the teaching of Wellbeing at our school.

The Great Outdoors



With all this amazing outdoor space on our doorstep, there is so much to explore!



A Day in the Life of a Y6 Farm Manager

We work in groups of 5 and have allocated days. First we collect our lanyards from the Office and then we head to the middle barn to get our checklist clipboards. There is one for each of the animals.



We then go to our allocated animal and skip or muck out if needed and make sure the bedding is clean and fresh. It's really important that we wear gloves for this job. We have a special shed for our hay and straw.



Next, we change the water and top up or replenish the food. Sometimes we get vegetable off-cuts from the school kitchen to give to the animals. They love getting these treats every now and then.



All the food is kept in the food store



Next we tidy up the barns and the animal cages/runs and then make sure we have done everything on the checklist.



Then it's time to play with animals. Sometimes we give Peter Rabbit and the guinea pigs a brush. They love it!



RECEPTION



PETER RABBIT



In the Spring term of 2021, the children in Reception adopted Peter Rabbit. Peter lives outside in a cosy hutch which is situated within one of three barns at the farm. Peter has two outdoor areas which he accesses through his zippi tunnel. Peter is visited once a day by Mrs Kendall and two Reception children. The children take it in turns each week to look after him. It is the Reception children's job to ensure that he has plenty of food, carrots, water and fresh hay. Mrs Kendall also takes the time to educate the children on how to care for Peter and how to check his welfare. The children also spend time with him in his outside run. Peter looks forward to being stroked and is often waiting for the children to arrive. Peter is also visited daily by the farm managers while Mrs Hickey and her group of children change his bedding on Friday.



YEAR 1

It has been a busy term so far in Year 1. We have loved visiting the chickens, Pecky and Dotty, on a regular basis. Giving them lots of pets and treats.

We have taken some nature walks around the school grounds, observing the changes that occur to trees and other plants in the Autumn and Winter. We will continue to take these walks throughout the year to observe further seasonal changes.

Small groups of children have also loved making collages out of things we have found around the field.



YEAR 2



This term Year 2 have been exploring and developing basic gymnastic actions on the floor and using apparatus. They have been improving the skills of jumping, rolling, balancing and travelling individually, and in combination, to create movement phrases and short sequences which include the use of shapes, levels and directions. They have learnt to work safely with and around others and whilst using the different range of gymnastic equipment.

YEAR 3

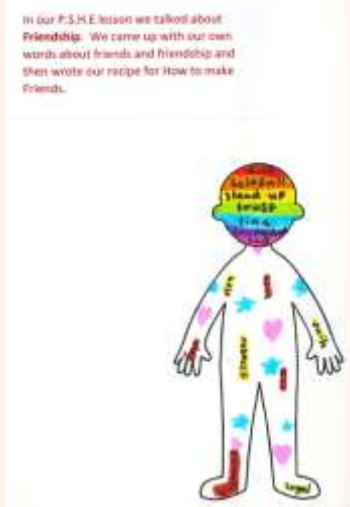
In Year 3 this year as part of our Wellbeing theory curriculum, we are learning about how to look after hedgehogs. We came up with a number of ideas about how we could help them and made posters.



During November, the whole school supported Anti-bullying week. As a class, we talked about bullying and made posters to show that in our school – it is not cool to be a bully!



In PSHE, we have talked about friendship. As a class, we came up with a 'recipe for friendship' and thought about the qualities needed to be a good friend.



Next February, the RSPB carry out a bird survey and Year 3 have signed up to participate in the Big School's Birdwatch event. We will be bird watching over the next few weeks to record the local bird population.



YEAR 4

This term, as part of our Wellbeing curriculum the children in Year 4 have been learning about minibeasts and the types of environments they like to inhabit. Some of the children have visited the bug hotel in our wild life area to observe, sketch and discuss the mini beasts they have found inhabiting the space.



In our PSHE lessons this term we have been learning about 'Similarities and Differences' and what it means to be British. As part of our learning we explored what it means to stereotype people and considered what might be perceived as being stereotypically 'British'. The children came up with some great ideas which they then used to help them design posters.



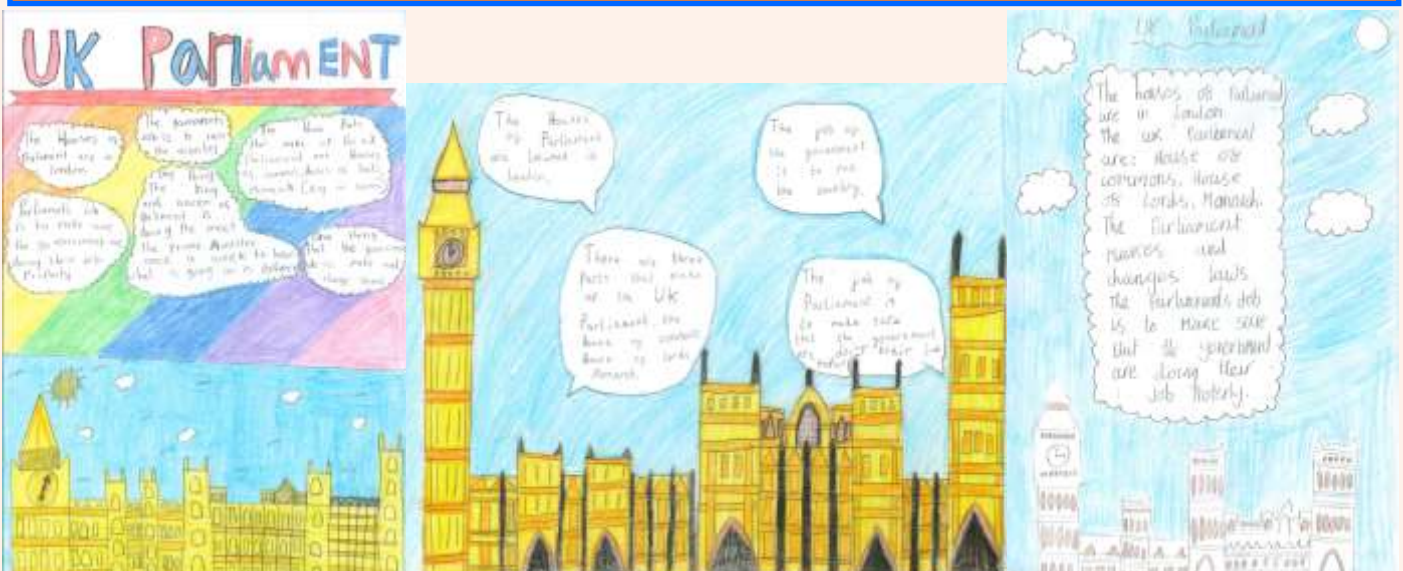
YEAR 5

Wellbeing + this term so far ...

This term, linking to our British Values, Year 5 have learnt about the UK Parliament! Parliament is the lawmaking group, in the Government of the United Kingdom. The Government leader, called the Prime Minister, is always a member of Parliament. Britain's Parliament consists of two houses: the House of Lords and the House of Commons. They hold their meetings in the Parliament buildings in London, England. The Parliament buildings are also called the Houses of Parliament or the Palace of Westminster. There are about 800 members in the House of Lords, but not all of them participate. There are 650 members in the House of Commons. The children watched the UK Parliament video and then had to create factual posters based on the facts they learnt.

We learnt about what 'Identity' is and what the definition of Identity is: the fact of being who or what a person or thing is. Each table group made a list of 'What makes people who they are?'. They included physical characteristics, families, hobbies, gender, etc. Each child then thought about the qualities that make them individuals, such as hair colour, hobbies, beliefs, etc. We then played 'identity bingo' where each child had to fill in a grid with qualities and characteristics that make them individual and find others around the classroom, with the aim to fill in the bingo grid! The children had such fun trying to find others who liked the same things as themselves.

We have also learnt about Peer Pressure, which is the influence from members of one's peer group. Each group had to consider ways peer pressure might be seen in the classroom, peer groups or clubs outside of school and add to our whole class 'Peer Pressure Pot'. The children came up with ideas such as: wearing the same brand of clothes, using the same apps as others, daring each other to do something, trying to be funny etc.



YEAR 6



In their Wellbeing Theory lessons, children in Year 6 have been researching guinea pigs and also researching the benefits of having pets in schools. They wrote fact sheets about guinea pigs and wrote articles promoting pets in schools. The children found that there is scientific evidence to show that pets can help people cope with stress and become more relaxed. In our wellbeing lessons, Year 6 have also looked into the topic of human rights producing leaflets on the topic. Caring for a pet is also a great education in itself as it teaches us to think about what others need, encourages kindness and gives children the chance to experience the responsibility of looking after a pet too.

As part of our physical wellbeing, in our P.E lessons, the children of Year 6 have so far taken part in Rugby, Handball and Gymnastics lessons.





Year 6 Annual Residential

Three weeks into the Autumn term Year 6 visited High Ashurst and Thames Young Mariners. During their time away, the children took part in a variety of activities such as: kayaking, wall climbing, mountain biking, paddle boarding and orienteering. The week's adventure was constructed to help build up the children's perseverance, resilience, teamwork and communication skills.





Anti-Bullying Week

Monday 11th—Friday 15th November



Every day we actively promote an anti-bullying culture in school but once a year schools around the country support the annual Anti-Bullying Week campaign. This year the theme was *'Choose Respect'*.

The Anti-Bullying Team, which consists of two children per class, work hard throughout the school year promoting kindness and happy play. Part of their role is to educate everyone on what bullying actually means. During Anti-Bullying week the team lead a Collective Worship. They presented to the school a range of scenarios which highlighted actions that were unkind and would be considered as bullying. They reminded us all that it doesn't feel good when someone is mean to us or hurt us so it is important that we don't do these things to others. They taught us about the '30 Second Rule' - if someone can't change the way they look or act in 30 seconds, then we shouldn't be commenting on it. On the Friday, we all wore odd socks to acknowledge and celebrate our differences and embrace that we are all special in our own unique way.



Anti-Bullying Team Prayer

Please help us to stay strong when we are faced with bullying and help us to spread the values of friendship and respect. Trust us not to judge others and show us how to treat people in the way that we want to be treated. We promise to respect everyone's differences and beliefs and not hold them against them.



Year 5 Odd Socks

Volunteering and Fundraising — Down on the Farm!

Volunteers - Can you help?

As you know, we are actively developing our Wellbeing curriculum as we focus on providing an outstanding Quality of Education for all children and the animals and our outdoor spaces are a bold step towards that. The success of our outdoor learning curriculum is very much dependent on the generosity of our parents. We already have a thriving volunteer programme who help care for our animals at weekends and during the holidays. We are always looking for new volunteers, especially green-fingered gardeners, so if you think this is something you would like to be involved in, please contact the school office:
info@nutfield.surrey.sch.uk

Donations

If you are unable to come into school at weekends or during the holidays there are other ways you can help. We have set up a tab on Scopay and are asking parents and carers to donate £3 a month to help feed and care for our animals.

Alternatively, below and on the next page is a list of essential items we need to care for our animals and farm area. Just purchasing one of these items would help us to secure the future of our outdoor learning curriculum. These items are usually sourced from Pets at Home and garden centres.

Thank you so much in advance.

Thank you to the Nicholson family who continue to donate bales of straw and hay for our rabbit, chickens and guinea pigs. Our guinea pigs in particular eat an awful lot of hay so we are very grateful for the generous donation!



Spare Newspapers?

We would love your old newspapers for bedding in the guinea pig and rabbit hutches. Please do hold on to them and send them in if you can!



Gardening Equipment - Can you help with donating any of these items?



Gardening Gloves



Gardening Tools



Seed packets



Gardening Equipment



Compost

Chicken and Rabbit List



Adult rabbit pellets



Wood shavings



Meadow hay



Disinfectant spray



Gnawing toys



Layers Pellets



Verm-X Poultry Zest



Mite and lice powder



Mixed grit



Mixed corn



Multi-purpose Coarse Sand