

# Wellbeing Newsletter

Autumn 2025



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 Coach Pete from Supreme Sports. For three half terms, the children will also receive double PE a week. During Wellbeing sessions, children are taught PSHE throughout the year and RSE in the Summer term. 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 placed on the teaching of Wellbeing at our school. This academic year, we have also introduced an emotional literacy programme across the school. Each class has a 'How are you feeling today?' display which encourages children to think about their feelings. This works alongside the calm corner, which is also in each classroom. Every morning and afternoon, after register, the children take part in a mindfulness activity to get them ready to learn.

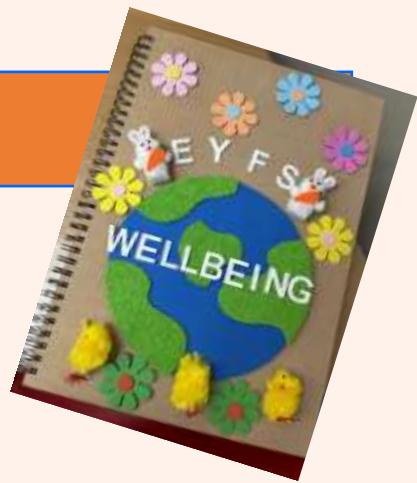
## The Great Outdoors

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



## RECEPTION

### PETER RABBIT



In the Spring term of 2021, the children of Nutfield Church 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 and Mrs Cosford who let him out and change his bedding.



# YEAR 1

It has been a busy term so far in Year 1. We have loved visiting the chickens 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. In RE we learnt the 'Parable of the Sower' and planted our own seeds to see how they would grow.



# YEAR 2



This school year, we have introduced an emotional literacy programme. This entails a feelings board, daily mindfulness and a calm corner. Year 2 have fully embraced this new addition to our timetable. It also includes the use of a visual timetable which is led by the children so every child knows what their day includes. After morning and afternoon register, the children take part in a short mindfulness activity which lasts around 5 minutes when they take the opportunity to be calm, relaxed, focus on their breathing and sets them up for the remainder of the morning or afternoon.

## YEAR 3

This half term, as part of our Wellbeing curriculum the Year 3 children have been learning about birds and hedgehogs. They researched some facts about these beautiful creatures and created fact files. One of the pupils family very kindly donated a hedgehog house to the Year 3 class. The children took it into the wildlife area where they collected leaves and twigs which they used, along with some hay, to make the house comfortable. They found a dry and shady spot to place it. The children cannot wait to go and plan to go back to it on regular intervals to see if it has been used!



This half term, as part of our Wellbeing curriculum the Year 3 pupils had a wonderful time visiting the kitchen, where they enjoyed getting hands-on, making seed balls for the birds. The children loved mixing the ingredients and learning how their seed balls will help attract and support wildlife in our garden. It was a fun and memorable activity that combined creativity and care for the environment.



## YEAR 4

This half term, as part of our Wellbeing curriculum the Year 4 children have focused on Gymnastics. They have been looking at how they can push their bodies to strengthen themselves by holding certain poses and positions and increase their flexibility over a period of time. They have especially enjoyed using the school's various apparatus in the hall. They have particularly enjoyed the indoor climbing ropes, but the class favourite had to be the indoor climbing wall.



In our JIGSAW lessons this term, Year 4s focused on the 'role' they play within our world. In our first sessions the class discussed 'Our Class Team' and that starting small to make a difference will then build up to bigger and better things. This was then built upon in the next two follow up sessions, where we talked about our role as a 'citizen of the school' and how our actions have consequences for the democracy we live in. We finished this term's unit by looking at rewards and consequences, the class started small by disguising where good and bad behaviour gets you in school. This then led onto what good and bad behavior is outside of school and how consequences get more significant as you get older.



# YEAR 5

## Wellbeing this term so far ...

This term, as part of our Outdoor Learning curriculum, the children take it in turns to look after the chickens. It is the responsibility of Year 5 to tidy the chicken coop and run, and to date stamp the eggs. The small group of children who go there everyday also replenish their feed, let them out and have a cuddle!

### Some fun chick facts!!

Did you know?.....Hens communicate with their chicks while they're still inside their eggs! Did you know?....Some research suggests that chickens are just as clever as human toddlers.!



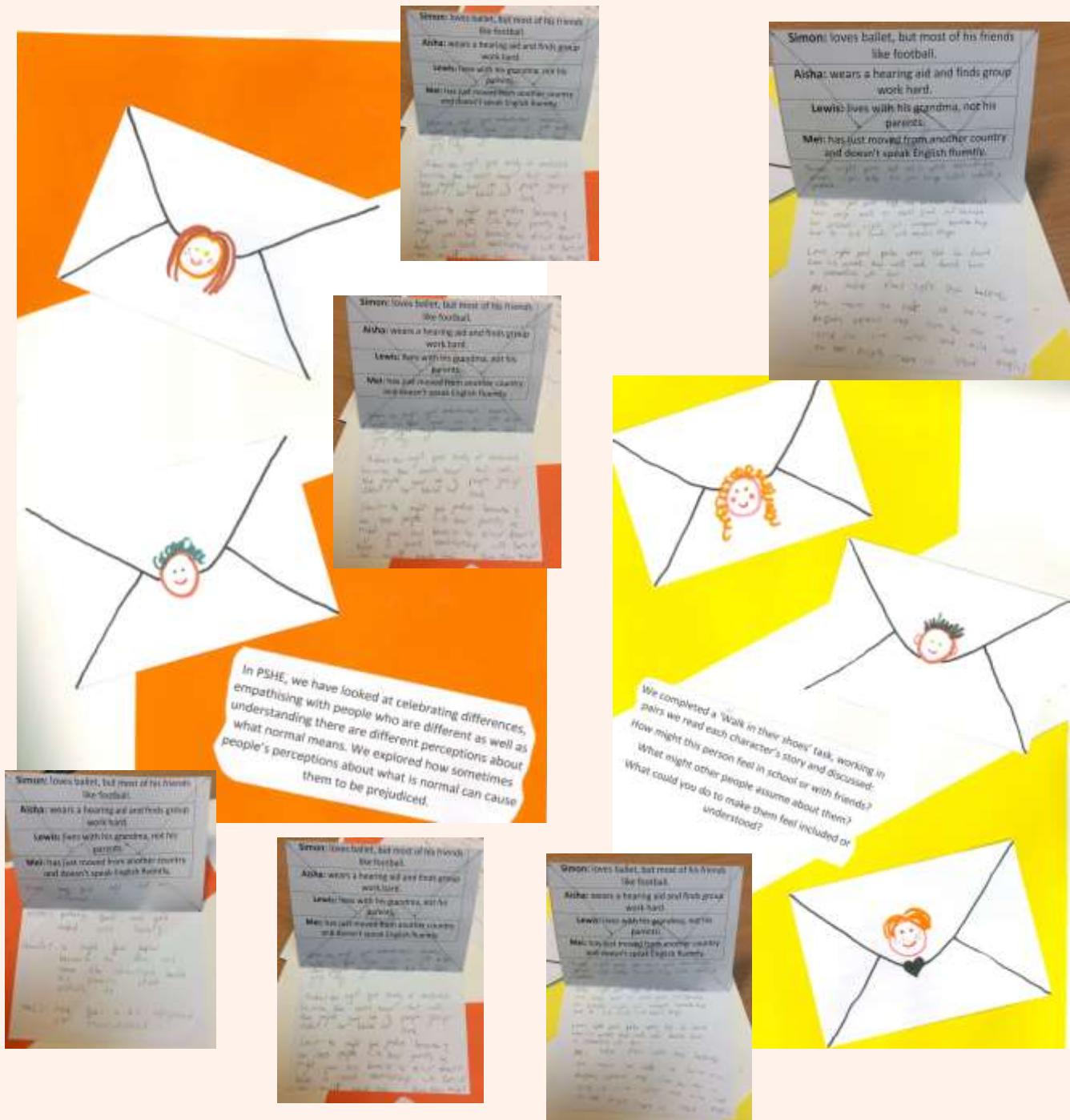
# YEAR 6

In their PSHE lessons, children in Year 6 have been learning how to celebrate difference. They talked about empathy and that everyone perceives things differently. Sometimes a lack of understanding can lead to prejudice. They took part in a task entitled 'walk in their shoes' where they discussed different people and scenarios asking:

**How might this person feel?**

**What might other people presume about them?**

**How could you make them feel included or understood?**





## Year 6 Annual Residential

During the second week of 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.



# Meet our Farm Managers

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 offcuts 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!

I like the farm because it helps me when I am sad. The atmosphere is good and Mrs Cosford is kind.



I like to spend time with the animals and I get to spend more time with my friends. It is good to learn how to look after animals, it is a good skill for when you are older.

I enjoy being a Farm Manager, it calms me down and it is fun!



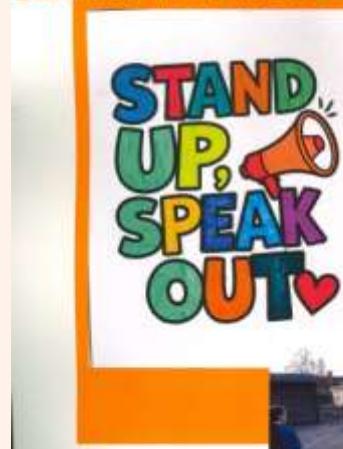


## Anti-Bullying Week

Monday 10th—Friday 14th November 2025



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 '*Power for Good*'. 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. On Monday, we all wore odd socks to acknowledge and celebrate our differences and embrace that we are all special in our own unique way. Year 6 took part in some activities during this week, see pictures below.



In year 6, we created an anti-bullying chain which allowed the children to reflect on the qualities of being a good friend and how kindness is important for us all, writing messages to reflect this.



# 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](mailto: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. 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