



Wellbeing Newsletter SPRING 2026



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)

Welcome to the Spring 2026 edition of our termly Wellbeing Newsletter. The purpose of this newsletter is to share with the school community what we have been up to over the last term and to continue to promote the importance of wellbeing for all; both mentally and physically. Our Wellbeing Curriculum is very important to us and is an area in which we are always wanting to develop and enhance.



At the heart of our Wellbeing Curriculum, lies Outdoor Learning. We are very fortunate to have an abundance of land which allows for a range of learning opportunities throughout the school year. 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 children, which is why so much value is placed on the teaching of Wellbeing at Nutfield Church Primary School. Learning in a real context can turn the abstract into the concrete. It inspires curiosity and investigation which develops enquiring minds and enables children to achieve. Learning outdoors increases knowledge of and care for the natural environment. Regular direct contact with the natural world builds deep connections that last a lifetime. How can we expect people to care about something they don't know?

Reception

In the Spring Term we continued our weekly visits to see Peter Rabbit, to give him food and cuddles. The children have been going to the farm in groups so that every child gets a chance to visit each half term sometimes we will give them a carrot as a treat.



This term we have been learning about vets and how they look after animals including rabbits. Mrs Measures (Obi's Mummy), who is a vet, came to visit us on an afternoon.



We have also carried on with our Young farmers club learning how to care for the other animals at the farm. Feeding the Chickens, checking for eggs and getting to know the guinea pigs.



Year 1

During our PSHE lessons this term, we have been learning about **Dreams and Goals**. The children talked about things they would like to get better at both at school and at home, and we discussed how **practising and not giving up** can help us achieve our goals. We also sang a song linked to *We're Going on a Bear Hunt* and talked about how the characters **kept going even when things were difficult**. The children learned that it is **okay to make mistakes**, and that we can keep trying, ask for help, and encourage our friends. They also worked together to create "**Welly Boot Gardens**", sharing one boot and agreeing on a design together. Their goals included **helping friends more, learning to ride a bike, and finishing a book in one day**.

This half term we have started learning about **Healthy Me**, where the children have explored how to keep their bodies **healthy and safe**. We have talked about healthy foods, exercise, sleep, keeping clean, and how medicines should only be given by **trusted adults**.



Year 1 have also enjoyed many **mindfulness and wellbeing activities**. With Mrs Summers, the children learned about **chickens**, including the difference between a **cockerel and a hen**, the **life cycle of a chicken**, and what chickens eat. They also enjoyed visiting the farm when the weather allowed. To enhance our understanding plants we have enjoyed lots of exploration of plants. We have been on lots of spring walks to identify parts of a tree, signs of spring and identifying wild and garden plants. We also had a wonderful trip to **Gatton Park**, where they learned about **plants**, created art outdoors, and used their imaginations to build **minibeasts**.

We have also been practising **mindfulness every day**, including rainbow breathing and a little bit of yoga. The children are learning that it is important to **be themselves and keep trying**, and we are very proud of everything they have achieved this term.

Miss Pyle and the Year 1 Team



Year 2

This Spring Term in Year 2, our wellbeing learning has focused on the theme of Goals and Dreams. Throughout our lessons, the children have been exploring what it means to set a goal and how determination and a positive mindset can help us succeed, even when something feels challenging at first. One of our key learning objectives has been “Goals to Success.” During these discussions, the children thought about how it feels to start something new that might seem difficult. We talked about how important it is to stay motivated, to keep trying, and to remember that making mistakes is often part of the learning journey. The class also spent time identifying their own personal learning strengths. Some children discovered they are great at remembering information, others enjoy problem-solving, and many shared how they are good at helping their friends. Recognising these strengths helped the children understand that everyone learns in different ways and that each of us has something special to contribute.

We also reflected on how we learn best. The children discussed whether they prefer working independently or collaborating in a group, and how both approaches can help us reach our goals. It was wonderful to see the children thinking about themselves as learners and becoming more aware of the strategies that help them succeed.

One of our favourite lessons this term involved a special challenge set by Mrs Boyle. The children could choose one of four tasks to learn:

- Two verses of The Owl and the Pussy-cat poem by heart
- The Macarena dance
- Counting to ten in Mandarin
- Counting in twos in French

At first, many of the children felt that their chosen challenge might be quite tricky. However, with perseverance, practice and encouragement, they quickly began to make progress. By the end of the activity, the children were proud of what they had achieved and realised that learning a new skill is often easier than we first think when we keep trying. This experience helped reinforce our key message for the term: having goals, believing in ourselves, and not giving up can help us achieve amazing things. The children showed fantastic determination and enthusiasm, and it has been lovely to see their confidence grow as they tackle new challenges. We are very proud of the positive attitudes the children have shown and look forward to seeing them continue to chase their dreams!



Year 3

It's been a busy Spring term in Year 3. We were visited by John and Brian from the RSPB (Royal Society for the Protection of Birds) who came to talk to the children about the many species of birds that can be found in our area and the songs that they sing to help us recognise them. Did you know that a Song Thrush repeats the same note/call 3 or 4 times repeatedly? A Greenfinch makes a drawn out "WHE.E.E.ZE", a Bullfinch has a soft "PEW PEW" and Starlings are good mimics of phones, alarms and saws. We also took part in the Big Schools Bird Watch Campaign run by the RSPB to introduce children to birds and their natural habitat. We went out into the wildlife area looking for different birds and recorded what we saw. We then researched some of the birds we had seen.

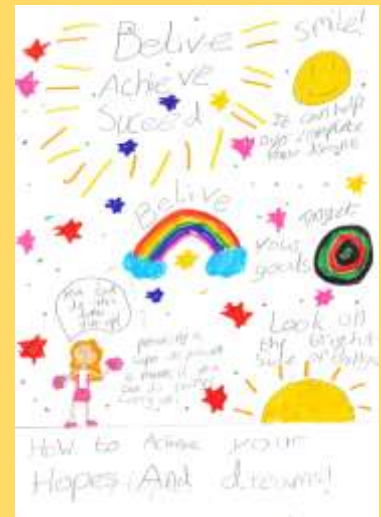
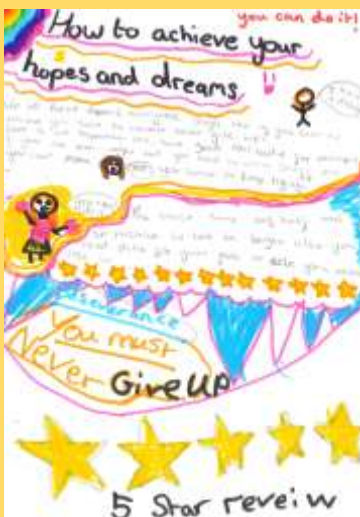


Year 4

Year 4 have been busy this term continuing to learn about our Bug Hotel and its inhabitants! The children have spent time discovering how to build a bug hotel, considering the materials needed to make the construction, the layers required within the bug hotel and the types of materials used to encourage the minibeasts to come and make their home there. The children then went on to design and write a step-by-step instruction guide on how to build a bug or a factual poster about mini-beats.



As part of our JIGSAW work our topic during the spring term was 'How to achieve your hopes and dreams', Before we began the unit we discussed what our own individual hopes were for ourselves. After long discussion we talked about the skills we would need to help achieve these. We also talked about how we would have to act as individuals to get the best out of ourselves by changing our mindsets from 'I Can't to I can'. To end the unit the children created inspirational posters for others to use, to give them the confidence to work towards their own hopes and dreams.



Year 5

Wellbeing Ambassadors



WELLBEING
AMBASSADORS

Last academic year, the current Year 5 spent a day focusing on how to support their own mental health but also the wellbeing of others. Ms Boon and Miss Mitchell delivered *Wellbeing Ambassadors* training to the whole class. *Wellbeing Ambassadors* is a programme funded by Surrey's Emotional Wellbeing and Mental Health Alliance, designed to amplify pupil voice on whole school wellbeing. The programme empowers young leaders to promote and support wellbeing within their school community through education, activities, events, and whole-school communication. Designed around the evidence-based framework of the Five Ways to Wellbeing, the training focuses on three areas: Connect, Be Active, Keep Learning, Take Notice, Give

MEET THE TEAM WHO WILL PROMOTE **CLANG!**



Year 5 have enjoyed another term of helping to look after the wellbeing of the animals on Trinity Farm and the wellbeing of the children during break and lunch time. They have spent time caring for the animals and helping our two new rabbits to settle into their new home. Our Wellbeing Ambassadors take great pride in helping out children on the playground if they find themselves in a tricky situation with a friend or just need someone to come alongside them to keep them company. Year 5 are an incredibly caring class and this is consistently shown through their contributions to the wellbeing of all at Nutfield.



Trinity Farm

Farm Animal News

It has been a very busy time on the farm this term. A lot has been happening! We have two new additions to our animal family. Thank you to the McConnell family who have gifted us their two rabbits: Mopsy and Flopsy. They have settled in well and Peter is very keen to meet them. Our three chickens are thriving as are our four guineas: Charlotte, Ginny, Elsie and Suzie. As well as our farm managers, we have SEN time on the farm now. The children from Years 3 through to Year 6 love coming up to help the farm managers with their list of jobs: mucking out the animals, feeding them and ensuring they have water and most importantly letting them out to roam around the farm and of course have a cuddle!



Trinity Garden News

We have recently been chitting lots of different varieties of potatoes. Chitting is a method of preparing potatoes for planting. We put tiny potatoes into egg boxes and kept them warm in the barn and waited for them to sprout. As soon as they reached a certain height, they were ready to be planted in the vegetable beds. This half term, we are planting radishes, beetroot, carrots, onions and garlic. Our SEN lunchtime group along with the Farm Managers are preparing the ground. We are planting some more in June when certain vegetables and fruits can be sowed. Hopefully we will have a healthy crop very soon!



PHSE, RSE and Health Education Curriculum

During the summer term, part of our PSHE (Personal, Social Health & Economic Education) curriculum is to cover the RSE (Relationships and Sex Education) Scheme of Work. *Jigsaw* is a very reputable scheme, used by many schools across the country.



The *Jigsaw* curriculum integrates mindfulness, social-emotional learning (SEL), and academic knowledge. The programme not only focuses on developing key life skills such as resilience, empathy, and emotional regulation but also equips children with the tools to thrive academically. Lessons enable children to build essential life skills, develop positive relationships, and apply their learning both within and beyond the classroom.

Throughout the year there are 6 topics, or puzzle pieces, which each year group will learn:

1. Being Me in My World
2. Celebrating Difference
3. Dreams and Goals
4. Healthy Me
5. Relationships
6. Changing Me – Relationship and Sex Education focus

During the week of commencing 6th July 2026, the whole school will be doing Puzzle 6 , Changing Me, which is the RSE focus. More information regarding this week, and the topics for each class, will be sent out closer to the time. All the topics taught are age-appropriate.



To view an overview of the *Jigsaw* programme, a guidance document for Parents and Carers and our Relationship and Sex Education Policy, please visit our school website to find out more information.

<https://nutfieldchurchprimary.co.uk/pshe-and-rse-health-education/>