



Round up: Issue 08

Primary

Welcome to our school newsletter where this week's theme is **'What's making us happy?'** This theme has been running through all our editions where we have thoroughly enjoyed sharing our experiences. In this week's edition, it is lovely to see how being outside with nature, helping others and just being creative is also making you happy.

This week is also 'Mental Health Awareness Week' and the theme is being kind. It is well known that being kind and compassionate has a positive effect on your own mental well-being. In our newsletter, we are celebrating many acts of kindness and invite you to take up our **'daily random act of kindness'** challenge!

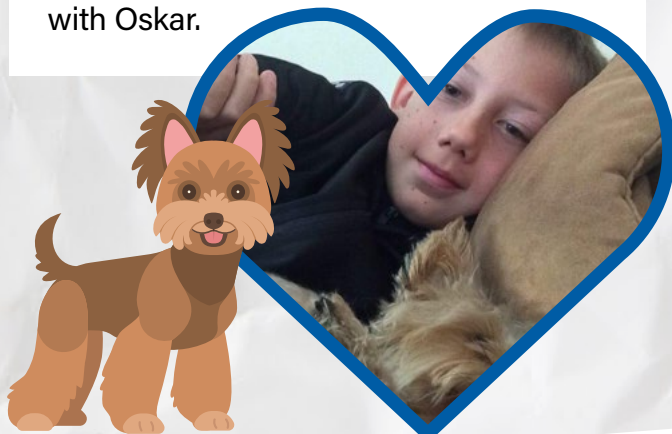
As schools start to return to normal, next week will be our final edition. It feels very

fitting that for our final edition we are hearing about **'How are we saying 'thank you' to the NHS and all our other key workers?'** Email contributions to events@wiltshire.gov.uk and we look forward to sharing in the newsletter or on social media.

Please ask your parent/carer to share with us any pictures (attach the picture as a jpeg to your email) and a few words on what you've been up to during the current times and we'll do our best to put them in the next edition or share them on our social media. You can email your contributions to events@wiltshire.gov.uk but please do so by 5pm each Tuesday. Any pictures sent over will only be used in the newsletter or our social media but photos are stored for two years and then deleted.

St John's Primary, Trowbridge

Oskar loves playing with his Yorkshire Terrier dog Bruno and taking him for long walks. This makes him really happy as whatever is happening in the world, his dog still loves cuddles and walks with Oskar.



Leigha is delighted with her new puppy, a Shih Tzu Terrier cross, called Bella. She is keeping Leigha very busy and entertained during lockdown.

Rushall C.E School

Children rescue Tiggy, the hedgehog. Whilst playing one morning the children stumbled upon a little friend in the playground. He seemed rather quiet and sleepy so he was given water to drink and the local rescue was called. They collected him, took him away and have been looking after him since.



Thank you for helping me!

Nature makes us happy - whenever we look at a bird, an insect, tree, flower or even an entire landscape, all our worries go away ...

Try the small box challenge? Try and fit the most number of different items in your container during a nature walk!

Beautiful lantern bird feeders - With the beautiful view and setting over the other side of **Rushall School** playground, children can observe the wonders of nature. Taking a little break from the hustle and bustle of daily life children decided to make bird feeders.



Westbury Leigh Primary

The children of Westbury Leigh Primary have complete responsibility for the farm: letting chickens out, collecting their eggs, feeding and grooming the goats, and cleaning out their homes! They let the goats out and feed them, sometimes taking them for a walk using leads! They fill up the ducks ponds too...

We are also starting to sow wild flower seeds into beds and will be growing lettuces to eat at lunchtimes later in the year! All of this will help our environment and take care of the bees.



The bath bombs were made using herbs from the children's garden - what a lovely way to soak away the stresses of lockdown!



Children at **Neston Primary** have been reading 'Wildlife Weekly' from the Wiltshire Wildlife Trust and trying out ideas of how to help the natural environment in Wiltshire by making: butterfly feeders, seed bombs, insect hotels and wormeries. They have also been connecting to nature for their well-being by getting to know a tree, listening to nature sounds, watching the clouds and standing in the grass with no shoes on.

Here is Harriet's wormery, Theo with his butterfly table and Darcey connecting to nature.



Jokes

Why do bananas use sunscreen?

- Because they peel.

What does the sun drink out of?

- Sunglasses.

Why was the broom late?

- It over swept!

What part of the car is the laziest?

- The wheels, because they are always tired!

What did the stamp say to the envelope?

- Stick with me and we will go places!

If you start laughing long enough, even if you don't feel like doing it at first, you will begin to start laughing for real. Try it and see!



I'm a tree hugger!



the grass is cold brr



I can see a croc in the sky watch out!



The plans!



Sam, from Ashton Keynes Primary, was tasked with making a bug shelter and has taken this challenge to new and dizzy heights as he has designed and is making a bee hive with his dad. He's shown that he can use the saw and other tools sensibly and is fully engrossed to do the best that he can. The family and school are so proud of Sam!

We can't wait to move in!



Happy Learning! Georgie (yr4) and Jack (yr2) at **Aloeric Primary** have been enjoying lots of fun learning on Fridays from science experiments to arts and crafts. As well as all the fun activities they have both been working so hard with their school topics of ancient Greece and our solar system making great fact files and finding out lots of facts they didn't know before!!



Happy animal facts

Sea otters hold hands when they sleep to keep from drifting apart.

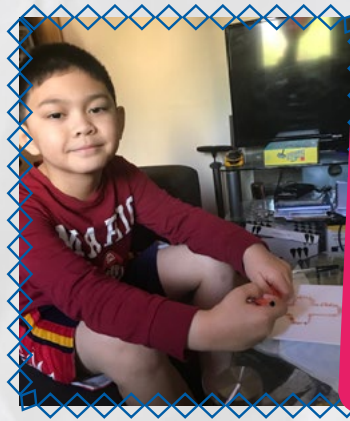
Some turtles can breathe through their bottoms!

Squirrels plant thousands of new trees each year simply by forgetting where they put their acorns.

Rats laugh when tickled.

Gentoo penguins propose to their life-mates with a pebble.

Dolphins have names for each other.



Keiden is writing cards to send to the people who are important to him. He is sending his love and gives hope to others during these strange times we are currently living in.
St John's Primary, Trowbridge

Studley Green Primary School Food Bank - a tremendous success supporting families in the community

Thanks to the phenomenal number of donations from friends, families and members of the community Studley Green are able to support around 35 families per week.

Contributions have also been made by Tesco, Morrisons, the Magic Breakfast project, Apetito, Beauty Banks and Easho. And Clarence Court have supplied nearly 800 eggs! (Wow, those chickens have been busy!)

Kindness goes a long way..

Alongside the food bank, there have been some other lovely examples of kindness in our community, a parent donated some plants to the school and Wiltshire Scrapstore 20 art boxes. One pupil showed their appreciation for all that the school does by making each member of staff a home-made bar of soap!



Carry out a daily random act of kindness!

Even though we need to distance ourselves, that doesn't mean we can't help each other. During difficult times, we often see the most beautiful acts of kindness which can make both the giver and the receiver happy.

You could:

- Send a letter to a grandparent or a loved one
- Tell your family members how much you love and appreciate them
- Help your parents with household chores
- Make (or help an adult) a cup of tea for a family member
- Tell someone you know that you are proud of them
- Tell someone you know why you are thankful for them
- Send a motivational text to a friend who is struggling
- Send or tell someone you know a joke to cheer them up
- Send someone you know a picture of a cute animal
- Spend time playing with your pet
- Send a note and picture of thanks to the NHS (and feel free to send us a copy for next week's Round Up!)

Kindness is a powerful tool. Let's use it.

Happiness - can't you see?

Happiness is in all sorts of places – Can't you see?
It's in the shade at forest school, it's swinging from a tree.

It's spread across each face, bikes go whizzing past,
Laughter in the air, not caring if they're last.

Look carefully and you'll spot it, being quiet with a book,
Curled up in a corner, wanting no one to look.

Some find it when there's music on – it even moves their feet,
It pops up when we're thinking, of others we can't yet meet.

It splashes in the water tray, and hides amongst the sand.
This week it turned up at a foam party, and tried to lend a hand!

It's definitely in the hall! And on the playground too,
Run, jump, skip – it loves to hula-hoop, can you?

Making models or drawing, it's near the paint and chalk,
Sharing jokes and stories – it's on each daily walk.

It's there in all kinds of weathers, like a flower amongst the weeds,
It's pretty easy to find within the family of **River Mead**.

At River Mead, children and adults enjoy being happy. They find it in all different places, and know that different things make different people happy. This beautiful poem, written by River Mead, shares and celebrates all of those moments.

Last week we promised to share more about how children and young people are working to look after their community with local Community Policing Teams. See here the fun children are having learning about the work undertaken by the police and helping their community with litter picking.

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Instagram: [@wiltspolyouth](https://www.instagram.com/wiltspolyouth)



Oxford Health NHS Foundation Trust - CAMHS

24/7 children's mental health helpline offering advice guidance and support to children, young people and carers

Monday to Friday 9am - 5pm

Tel: **01865 903777**

Monday to Friday 5pm – 9am and weekends

Tel: **01865 901000**

Website

On Your Mind

Signposts children and young people in Wiltshire to sources of support for good mental health and wellbeing

www.onyourmind.org.uk

Kooth

Free, safe and anonymous online support for young people

www.kooth.com

School Nursing

We are aware that it is a very anxious time and there may be concerns about where to access support in coming weeks should there be school closures or you need to self-isolate.

As a school nursing service we would like to let you know we are here to support you during this time.

At Westbury Junior School, children have made a tree to hang all their hopes they have for when life returns once again after the lockdown. These 'hopes' include all the things that make us happy like, going swimming or to the cinema while others are far more simple like seeing their friends or having a hug from their grandparents. Let's all look forward to these coming true!



Next week...

Next week we are asking you, **How are we saying 'thank you' to the NHS and all our other key workers?** so please let us know by emailing events@wiltshire.gov.uk