



Wales Primary School

July 2021

Wellbeing Newsletter

Welcome

To the July edition of our wellbeing newsletter.

I cannot believe that we are almost to the end of our academic year and what a year it has been! We have had to adjust to a whole new way of approaching school (I'm thinking home learning, bubbles, different start and finish times, holding areas and so much more) and a new way of approaching life; from having to wear masks in public, to global vaccination programmes and not being allowed in the pub!! In another change, we as a school are preparing to transition your children to different year groups and even for the Y6 pupils - different schools - so this edition of our newsletter will be focused on positive transitions.

Ways to support transition

It is perfectly normal and understandable for your child to have worries about moving on next year; they may be moving on from nursery to 'big school', moving up a year within school or moving from primary to 'really big school'. Whilst change can be unsettling for a short time, there are lots of ways school helps to ease transitions for your child which is why we dedicate a whole week to transitioning for our children. This week gives your child time before we break for summer to meet and start to build a positive relationship with their new class teacher and other staff they may be working with. During the week, they will get used to where their new classroom is in the building - including the layout - and they will get a taste for what work they will be doing in September. We will always take the time to listen to any worries that your child has about transitioning so encourage your child to talk to either myself (Mrs Gull) or their current class teaching staff about what's on their mind.

There are also things you can do to support your child at home:

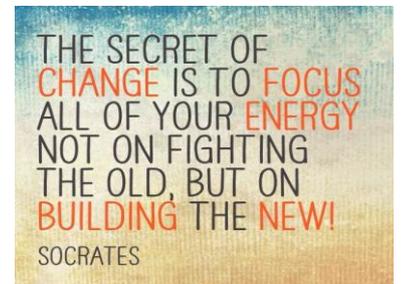
- 1) Listen to any worries they have. It is important not to tell them not to worry as this can make them feel like their feelings aren't validated; instead say 'I can understand why you feel worried about that'... and then try and work through the worry together.
- 2) If your child is either starting with us in September or moving to high school, get their school uniform in plenty of time so they can get used to the look and feel of it.
- 3) Be positive. The more positive you are about school and transition, the more this will influence how your child feels; focus on all the great things they have to look forward to like new topics to learn, new experiences, strengthening existing friendships and maybe making new ones: these are just a few things to look forward to.

Websites to visit for further information and ideas if your child is starting school or moving to High School:

Cbeebies - <https://www.bbc.co.uk/cbeebies/grownups/how-to-prepare-your-child-for-primary-school>

Pacey.Org - <https://www.pacey.org.uk/partners/school-ready/preparation/>

Anna Freud – supporting transition to High School –
https://www.walesprimary.co.uk/serve_file/1875345



Wellbeing Activity

Butterfly Breaths

Sit on the floor with the bottom of your feet touching and your knees bent out to the sides. Put your hands on your ankles and gently bounce your knees like you are flapping butterfly wings. Close your eyes and breathe slowly and calmly. Be sure to take slow deep breaths in and out. Pretend you are flying to your favourite place in the whole world. Imagine what it looks like. What do you see? What do you hear? What does it feel like? Imagine you are flying around and you are happy and calm. Now it is time to fly home, slowly flap your wings back home. Take a deep breath in and slowly exhale. Now slowly open your eyes.

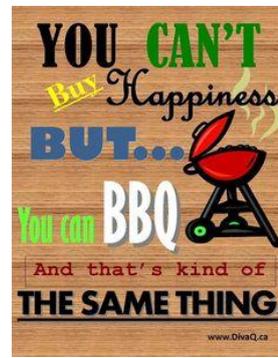
National Awareness days

July 2nd – 11th – National BBQ Week

July 5th – 11th – National Hygiene Week

July 10th- 18th – National Doughnut Week

July 11th- 18th- Festival of British Archaeology



National Doughnut Week

Seen as Doughnuts are one of my absolute favourite foods and there is even a national awareness week for them, I thought it would be rude not to include a recipe for them in this month's wellbeing newsletter. Why not try making a batch over the summer holidays?

Preparation time – 1-2 hours (a long time, but worth it!)

Cooking time – less than 10 minutes

Serves – makes 12 doughnuts (enough for me then!!)

Ingredients

1 tbsp yeast

4 tbsp caster sugar

150ml/5¼fl oz milk, warmed

225g/8oz plain flour, plus extra for dusting

¼ tsp salt

50g/2oz butter, melted

1 free-range egg, beaten

300ml/10½fl oz vegetable oil, for deep-frying

jam of your choice



Method

Mix the yeast with half a teaspoon of the sugar and two tablespoons of the warm milk. Place in a warm place to rest for 15 minutes, or until frothy.

Sift the flour and salt into a large bowl. Stir in one tablespoon of the sugar.

Make a well in the flour and pour in the yeast mix, the rest of the milk, the melted butter and the egg. Mix to make a dough and then knead. Cover the bowl and leave to stand for 45 minutes or until the dough has doubled in size.

On a floured work surface, knead the dough for five minutes, then divide into 12 balls and place in a warm place for 30 minutes - or until they have doubled in size.

Heat the oil in a deep pan until it reaches 190C/375F, or a cube of bread dropped in sizzles and turns golden in 30 seconds. (CAUTION: hot oil can be dangerous. Do not leave unattended.)

Gently lower the dough balls one at a time into the hot oil, in batches of two or three, and fry for 3-5 minutes or until golden-brown; then carefully turn over. Remove from the hot oil with a slotted spoon and drain on kitchen paper.

Roll the hot doughnuts in the remaining sugar. Make a small slit in the doughnut with the tip of a knife and fill with a teaspoon of jam. Serve.