



GRESHAM'S
WELLBEING
PROGRAMME

2021-2022



NEWSLETTER

EDITION 1

OCTOBER 2021

Wow! What a fantastic start we have had to our first half term of the Wellbeing Programme. It has been wonderful meeting all of your children. We have had a lot of fun together!

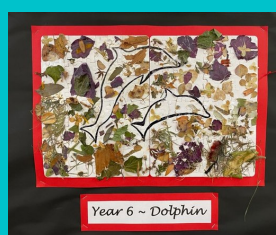
Gresham's International Family

Our Friday afternoon sessions have been celebrating Gresham's diverse community.

We assigned each class with a country that is representative of the nationality of a child (or an immediate family member) within that class.

This country, along with a colour of the rainbow, will stay with each class throughout the course of our annual Wellbeing Programme - making various appearances across each half term's new activity theme.

Each class was given a blank jigsaw puzzle, with just an outline illustration of their country's national animal. They were also given a different craft theme - from finger painting to sequins to nature pieces - to name just a few!



Each child was then given a section of their class jigsaw to decorate as they wished using the materials provided.

All of these eclectically beautiful jigsaws are now pride of place on the school hall display board.

This display demonstrates the uniqueness and individual creativity within Gresham, coming together to form a collective but single piece of art - celebrating Gresham's wonderful international family.

"It has been wonderful to see the children having a thoroughly great time with big smiles on their faces. The laughter was infectious and I would like to thank Ali, Sarah and their amazing team of volunteers who have made this possible."

Ms Steele

Gresham's International Family continued...

In between "crafting", the children enjoyed playing lots of exciting team building games with Ali. Everyone had so much fun performing incredibly noisy "feather boa, head bopping, funky glasses" wearing congas in between activities.



"It was fantastic, especially the noisy conga and getting to wear fancy dress at school!"

Year 3 pupil

"The games with Ali were awesome. It was so much fun!"

Year 5N pupil

"My son honestly really enjoyed his Wellbeing afternoon! It was the first thing he said when I picked him up. He said he enjoyed all of it - there was nothing he didn't like. He even mentioned it again randomly over the weekend."

Gresham year 4 parent



"The team building activities were creative and it had a lot of team bonding in it."

Year 6 pupil

"Best school day ever!"

Year 4 pupil

This term's reverse school trip: **Farm Mufti Day**

Our first reverse school trip saw a corner of the school field turned into a small petting farm for the day. Each class was assigned 30 minutes to spend with the animals.



The children and their teachers enjoyed grooming and hugging the ponies, Tinkerbell and Dotty! The cheeky ducks, Donald and Dave, caused lots of giggles undoing the childrens' shoe laces with their beaks!



The amazement and pure joy on the childrens' faces was simply magical! We would like to send huge thanks to Karen and Sarah (from Karen's Pets & Ponies) for sharing their beautiful and bonkers animals with our children.



"What a spectacular sight this was! And not just the fantastic array of animals - it was truly wonderful seeing the children's happy smiles, excited squeaks and surprised gasps! They didn't hesitate to get involved...the children happily climbed inside the enclosures, got nibbled by ducks, cuddled and sniffed by rabbits, and had a good go at grooming horses and balancing chickens on their heads! Certainly a day for the Gresham history books. Thank you Gresham PA."

Mrs Butler Kemp



There was plenty of rabbit and guinea pig snuggling too! But without question, the biggest crowd pleasers of all were definitely Anna, Elsa and Olaf, the coolest chickens EVER! The children and teachers loved balancing them on their heads and cuddling them to sleep.



"Thank you Gresham, for making us feel so welcome! The children listened carefully and understood the need to be gentle, calm and kind with our pets and ponies and experienced at least one thing in their session that they hadn't before. Some children arrived very uncertain but left so very confident and all were visibly proud of all their individual achievements. It was so heart warming to see the magic animals can bring to children."

Karen's Pets & Ponies

A big 'Thank you!' to...



Those of you that have volunteered with us this half term - it wouldn't have been possible without the generosity of your time.

Also, to the Gresham Parents' Association for funding the entire programme this half term - from feather boas, to paint, to farms! Without their funding, none of this would have made it from scribbles on paper to such a fabulous reality!

Please contact Claudia and Andy via email:

greshamschoolpa@gmail.com

if you'd like more information on how to get involved with Gresham's Parents' Association.

"Thank you to all of you! This has been wonderful! The children really need this - they have missed out on so much. They just need to have fun!"

Mrs B

Can you help?

Could you spare a few hours on a Friday afternoon?

If you would like to understand more about volunteering in any of the forthcoming Wellbeing Programme activities, please contact Ali and Sarah via email: sarah.burwood@btinternet.com

Or if you cannot spare the time but think you could help us in any other way, please do get in touch! We'd love to hear from you!

We hope your children have enjoyed our activities as much as we have enjoyed hosting them. We can't wait to see them all again next half term for more exciting new adventures!

We wish you all a lovely half term break!

Best wishes,

Ali & Sarah

"If you have a spare Friday afternoon, I would definitely recommend volunteering for the Wellbeing Programme. Seeing the kids' faces and how excited they were playing the games and getting involved in the activities was great. Our children are really lucky that this is being offered to them."

Clare (volunteer)

"Creating a healthy mindset is an investment in your overall wellbeing. Working alongside other volunteers and the children has been a wonderful opportunity to do just this. I look forward to the next session."

Panna (volunteer)

"The children have been so engaged with the activities and it has been lovely to see them not only engrossed in the fun but connecting with the purpose of the programme at the same time."

Louise (volunteer)