



GRESHAM'S
WELLBEING
PROGRAMME

2021-2022



NEWSLETTER

EDITION 2

DECEMBER 2021

Hello again! What another amazing 6 weeks we have had on the Wellbeing Programme. It has been wonderful seeing all of your children again – we are slowly starting to recognise faces and names. We have had a lot of fun and really hope they have too!

Gresham's Thinking Tree

This half term we have created a "Thinking Tree" mural as a celebration of Gresham's uniqueness, particularly the strength and growth of our community.

The tree itself was beautifully painted by one of Gresham's parents. Each class was assigned a colour of the rainbow and this colour will stay with them through the remainder of the Wellbeing Programme. Each week a class along with their staff was invited to paint their hands in their respective colour and create a handprint on the mural. The overall effect being a colourful rainbow canopy of handprint leaves.

The tree trunk has a wipeable surface and children and staff are invited to write anonymous messages or statements on the trunk when it suits them. These messages can be expressions of feelings, relating to now, the past or the future. They could also be a way of sharing achievements, such as house points, Pupil of the Day or awards both in and out of school. Simply put, it serves to allow the Gresham community to have a quiet anonymous voice about things they wish to get off their chest. The trunk will be wiped clean at the end of each day. Staff will monitor the tree throughout each day.



"It was so lovely to see all the children smiling, dressing up and congering around the playground. The Thinking Tree is beautiful and I'm sure the children will enjoy sharing their achievements on it."

Natalie, Volunteer



Gresham's Thinking Tree continued...

In between "hand painting" the children had fun playing lots of energetic team building games in small groups and as a whole class – not to mention the now infamous feather boa conga lines!



"The children had such great fun participating in their escape rooms or treasure hunt games and adding their handprints to the Thinking Tree. It is such a wonderfully creative and colourful addition to our corridor. And not forgetting the Immersive Theatre which was simply magical for both children and staff. The excitement and anticipation leading up to the event was delightful. Thank you so much to everyone that has made all of these activities possible for the Gresham children."

Ms Steele



Immersive Theatre Planetarium

Our second reverse school trip saw the School Hall turned into an intergalactic planetarium for the whole day.

Each class was designated a time slot to spend in the enormous inflatable dome. The excitement on their faces when entering the school hall and seeing it for the first time was simply wonderful. All classes were treated to the same opening 360 degree interactive footage showing the sky from sunrise to the nighttime constellations and solar system.

DID YOU KNOW:

There are two planets that are visible, without a telescope, from Earth in the night sky? They look like giant stars but they are easy to spot as they aren't twinkly like stars. They are larger, constant bright lights. These two planets are Saturn and Jupiter! Year 5 Saturn were particularly thrilled by this fact!

Each class then viewed a subsequent target age film, with topics ranging from 3D International Space Station, Plato the Mole's intergalactic adventures, The Moon, Earth's Wild Ride, We Are Aliens and Great Planet Adventures. Ask your your children which film they saw.

DID YOU KNOW:

The International Space Station is the most expensive thing ever built? It took 15 countries 13 years to jointly create (it's the size of a football pitch) and each section displays the flag of the country that contributed it.

Mario, our host, was brilliant and was on hand with fascinating commentary. The children were enthralled from start to finish and asked all sorts of intelligent and bonkers questions. For instance, how do Astronauts go to the toilet when they are on a Space Walk? Simple answer, they wear nappies!

Mario was also able to share his own authentic piece of a famous meteorite with all the classes. A massive lump of iron, bigger than the School hall, landed in the Arizona desert more than 50,000 years ago. It exploded into lots of little pieces leaving behind a massive crater which, even today, is a well preserved popular tourist attraction. All the children got a chance to hold this incredible (and surprisingly heavy) piece of history! Mario said, "I really enjoyed delivering the programme and found the students to be happy, enthusiastic and excited by the experience. Thank you for having me!"



"The planetarium was interesting because of all of the facts and how big the National Space Station is and how it can fit 10 people in it but maxed it to 6."

Jess, Year 5

"It was amazing because it felt like I was actually in space."

Paraa, Year 2

"It was brilliant because we got to see the solar system and how important it is. We got to touch a meteor and it was heavy and felt like metal. Some meteors can have gold in them."

Seb, Year 4

DID YOU KNOW:

That a space rock is called a meteor when it is still in space but then a meteorite once it lands?

But, without a doubt, the most special thing about holding the piece of meteorite is that it's the oldest thing your child/ren will ever touch. Nothing on Earth is as old as a meteorite. It is 4,500 million years old!

GRESHAM'S WELLBEING CHATTERBOX

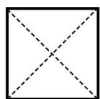


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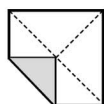
2021-2022

Print the chatterbox, carefully cut it out from the sheet. To make it into a chatterbox, turn it over and follow the instructions below:

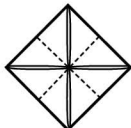
1. Fold each corner to the opposite corner



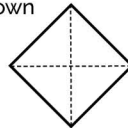
2. Fold all corners to the centre of the paper



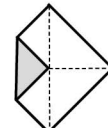
3. Now the paper should look like this



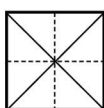
4. Now turn your paper over so the folds you just made are face down



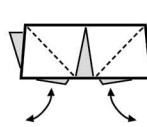
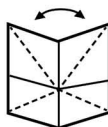
5. Now turn your paper over so the folds made are face down



6. Your paper should now look something like this



7. Now fold your paper in half vertically & horizontally



8. Finished!



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, once again, funding the entire programme this half term - from silly glasses, to paint, to inflatable theatres! Without their funding, none of this would have become such a wonderful reality!

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

Claudia and Andy via email:

greshamschoolpa@gmail.com

Lastly, we'd like to thank say a special thank you to Tamsin (a Gresham parent) for creating our brilliant logo and branding and for all her creativity!

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 festive half term break!

Best wishes,

Ali & Sarah

Lego Donations

We need a large quantity of Lego pieces for one of our Wellbeing Programme activities in the Summer.

We do not need complete sets - we simply need random pieces - all colours, shapes and sizes. So if you have any at home that you think you could

part with, we'd be ever so grateful.

There is a red bin (pictured right) by the blue bench as you exit the school via the red gate. Please place any lego donations in here and we will empty it regularly.

