



WELLBEING

Wellbeing & Baden Market Place

What an incredibly heart-warming few days our Baden Market created again this year – you could feel the positivity literally buzzing in the air and the outcome was astounding. The well-being benefits of running such an event are equally significant and link directly to the 5 steps to wellbeing.

BE ACTIVE – the school was certainly a hive of activity in the time leading up to and after the market place and I am sure it was the same at home: making and gathering things to sell; creating posters to advertise; moving school furniture; and collecting litter were just a few ways our children got ACTIVELY involved.

KEEP LEARNING – there was lots of learning going on: the art of entrepreneurship; calculating change; thinking about how best to throw the sponge to get the teachers as soaked as possible; and how to work as a team.

TAKE NOTICE – there was so much to see and take notice of as every stall had something different to offer: home-made bracelets; cards; pebble pets; keyrings to name but a few.

CONNECT – it was truly lovely to see the whole school out and about supporting each other and connecting on every level in our quest to raise as much money as possible for our three chosen charities.

And finally, **GIVE** – not only were you all so very generous in donating and buying sale items to raise an astonishing amount of money but everyone was also so very generous and giving of their time; as a school and on behalf of the charities, we cannot thank you enough. What a wellbeing wonder all round!!

Wellbeing On The Website

As new and different resources become available, so we upload them to our school website. There is a WELLBEING section under both PARENTS and CHILDREN where there are lots of useful articles, links and videos that may be of some support should you need it.

There are also firm favourites like the Happiness Calendar where, each month, lots of suggestions for wellbeing activities are set out. These can be a great go-to in any holiday when ideas might run dry. Putting your child in charge of organising a day of wellbeing activities for the family might be a good way to keep them happy and occupied!!

And finally

As you may now be aware, at Baden-Powell, we always dedicate the first hour back after any holiday to wellbeing so that the children can settle back into their classes before starting the new half term: both staff and pupils find this really beneficial. We will continue to think about the Zones of Regulation – another way in which we empower our children to think about their own mental health and wellbeing.

Wishing you all a very happy Easter and lots of sunny, fun-filled days.

Mrs Inns
Senior Mental Health Lead

