

Friday, 5<sup>th</sup> November 2021

Dear Parents and Carers



### The 5 Ways to Wellbeing

We're starting with something a little different this week. Members of the Pupil Parliament have been busy with their first big job of the year: to promote mental health and wellbeing in our school. They have met twice with Maria McNulty from Halton's Health Improvement Team (HIT) to

learn about *The 5 Ways to Wellbeing*. Each week this half term, they will be leading a short information session in collective worship and sending out some key messages to the families of the school via the newsletter. They will also set you all a weekly challenge to complete at home. This week's focus is all about being active....

### Be Active

Hello, everyone! This is the first week of wellbeing. We are half of the Pupil Parliament: Poppy, Isaac and James. This week we are teaching everyone about being active. Be active any way you want! Walk, run, cycle, play or dance but most of all just get moving. Being active makes you feel good so find something you enjoy. Keep on moving and don't stop! You could try these things over the next week:



- **Go out on your bike.**
- **At home, go for a walk with your dog or with your family.**
- **At playtime, do a few laps of the playground with your friends.**
- **Just get out and about and get moving!**

We'd love to see some photos of you getting active. Please email these to Mr Harley at [head.halebank@halton.gov.uk](mailto:head.halebank@halton.gov.uk) and we will put them on our wellbeing board in the hall.

### Visit to Chester Zoo

The children and staff enjoyed a fabulous visit to Chester Zoo yesterday and we are so proud that our school was noticed for all the right reasons by other visitors. The children will now use this wonderful experience to inspire their learning back in school. A big thank you to Mrs Bennett for organising this exciting day out for everyone.



### Personal Development Strengths



This week's personal development strength is **kindness**. We have been thinking about the importance of being kind to ourselves and showing genuine care for others. Please acknowledge and praise your child's kind deeds at home. Well done to the following children who have demonstrated their kindness this week:



## STARS OF THE WEEK



Reception	<b>Alice:</b> for being kind to all of her friends
Year 1	<b>Darcie-Rae:</b> for always being kind to others
Year 2	<b>Lily:</b> for always being helpful and kind
Year 3	<b>Molly:</b> for being responsible and kind to everyone
Year 4	<b>Coltyn:</b> for being kind and polite to everyone around him
Year 5	<b>Max:</b> for showing kindness and understanding towards his friends
Year 6	<b>Poppy:</b> for being a kind and organised member of the Pupil Parliament

### SCAN TO DONATE



### Children in Need: 19<sup>th</sup> November

As usual, the school will be supporting Children in Need and this will take place on **Friday, 19<sup>th</sup> November**. We will use the theme of 'dress up or dress down' and hope that all the children and staff will enjoy coming into school in their own choice of clothing. If you would like to make a donation, please scan the QR code on the left using your smartphone or visit the [Children in Need](#) website.



## READING CHAMPIONS



Class 1	Class 2	Class 3	Class 4
<b>Dotty</b>	<b>Sofia</b>	<b>Louie</b>	<b>Lucie</b>



### Poppy Appeal

We are happy to be supporting The Royal British Legion in selling poppies and other items in school. We have a number of items that the children can buy and these are listed below with a suggested donation: poppy (20p), zip pull (50p), reflector (50p), silicon wristband (£1) and snap band (£1.50). If children would like any items, please send in the correct amount of money in a **named, sealed envelope**. Items will then be distributed to the children. We only have a limited amount of stock, so items are on a first come, first served basis. We will continue to sell items up to, and including, **Thursday, 11<sup>th</sup> November**.

### Remembrance Parade: Sunday, 14<sup>th</sup> November at 10.30 am

Families of Halebank are invited to participate in the Remembrance Parade which is organised by The Royal British Legion; it would be lovely to see the school well represented. If you intend to join us on the day, please arrive at **Aran Close in Hale** ready for a **10.30 am** start. It would be helpful if you could let us know beforehand as we will need a few volunteers to lay our wreath and carry the school banner. Children taking part should come wearing their school uniforms. We are expecting to be finished at around 11.20 am. Thank you in advance for your support.

Have a lovely weekend. Keep yourselves safe ☺.

Yours sincerely

*Richard Harley*

Mr R Harley

Headteacher