



HYDE PARK SCHOOLS

Executive Headteacher:

Mrs. Y. Jones



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15th December 2022

Dear Parents, Guardians, Carers,

Re: The Implementation of Termly Wellbeing Afternoons

This school year continues to be, without a doubt, one of the most extraordinary years in the life of the school. We have responded as a school to do everything possible to support our children, families, staff, and community, finding our way through what are uncharted waters for us all. I have been grateful and truly humbled by the support shown from our whole school community – our staff, governors, pupils, families, and members of the community.

At Hyde Park Schools, we believe that mental health and wellbeing is the basis for a happy and successful life at school and beyond. Wellbeing plays a key role in our school ethos and shapes our policies and procedures implicitly and explicitly. We strive to improve the wellbeing of our children in everything we do, seeking to build resilience, identify and monitor concerns, and support children and families who face challenges.

As such, we will be launching our first wellbeing afternoon on **Friday 31st March 2023**, which marks the end of Spring Term. On this day, school will be dismissed at **1:15 pm**.

Parents should take this opportunity to make the afternoon special for the children by engaging in some wellbeing activities after a long and challenging year and term.

Wellbeing afternoons will continue throughout the year and will be observed on the last day of each term as follows:

- End of Summer Term 2023: Thursday 20th July
- End of Autumn Term 2023: Tuesday 19th December

Please see overleaf for some suggested wellbeing family activities that you might want to explore with the children.

Thank you for your understanding and patience as we continue to put plans in place to support the education and wellbeing of our children, staff, and families.

If you have any queries, please email us at hydepark.office@horizonmat.com and give feedback at <https://forms.office.com/e/RbzfB6ARB5>.

Yours faithfully,

Mrs. Yvonne Jones

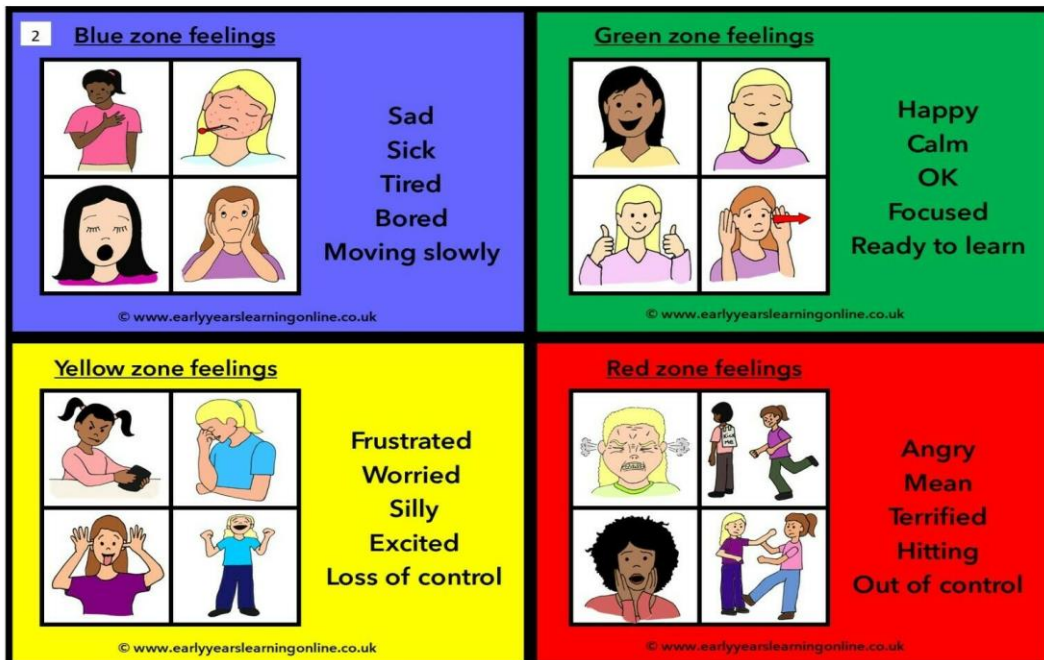
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Suggested Wellbeing Activities

- Create a reflection book entitled 'My School Experiences'. Talk and write about:
 - what's going well
 - any worries
 - plan of action for a successful start to the term
- Create a routine calendar for the Easter break to balance homework (will be implemented in January), house chores and leisure activities.
- Create a feelings chart. Use a feelings zone chart to identify and talk about feelings you and your child might have and why. Explore strategies to cope if your child is in the red, yellow, or blue zones.
- Try a new hobby to keep fit such as dancing, knitting, photography, cooking, baking, running, walking,



cycling, skateboarding or roller skating.

- Learn a new skill – play an instrument, learn a new language, or make a new game.



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- Go for a walk in the park and have an afternoon picnic.
- Find a comfortable space, relax and talk with your child about something of interest.
- Do some craft activities with your child.
- Explore some **growth mindset affirmations** to increase your child's self-belief and confidence. Think of all the tasks that your child finds tricky or frustrating. Let your child know how much you love and care for them. They can do anything that they set their minds to do. The first step is you have to say, 'you can'. Encourage positive self-talk by introducing positive affirmations to your children. Affirmations tell our children we do believe in them, and through practice, teaches children to believe in themselves as well.

Here are a few positive affirmations to try with your children:

Nothing starts out easy

Mistakes can help me learn and grow

I go after my dreams

I am a problem solver

I improve with lots of practice

I ask for help when I need it

I embrace new challenges

I am brave enough to try

I try new things

I might not be able to do some things now, but I will later. I should never give up!

I will always do my best.

I can make the right choices.

