

Mental Health and Wellbeing at St. Peter's CEP School Newsletter 3 – Wellbeing afternoon

On Friday 10th February 2023, we spent an amazing afternoon doing wellbeing activities that varied across all classrooms: drumming with Mrs Owden, butterfly weaving with Mrs Bloomfield and Mrs Borowska, singing with Mrs Smith, mindful colouring with Miss James, fitness with Mr Knox, Judo with Mr Court, origami with Mrs McKenzie and Mrs Goldberg, sewing with Mrs Missen, Mrs Charlwood and Mrs Woods and drawing our friends with Mrs Brickle. We loved working with children from all different classes from Reception to Year 6! Another wellbeing afternoon is coming soon....

By Sophia Button and Eleanor Mew, Year 6.



I got to meet many other children from the different year groups. I participated in 2 activities which were choir and fitness. They were fun and enjoyable as you could try new things and engage with other year groups.



I really liked it because I was able to help the Year 1s and Year 2s which gave me more responsibility. We had time to focus on our mental health and had fun! I would love to do this again.



I did fitness with Mr Knox and mindful colouring with Miss James which was really calming. It was all round a brilliant afternoon and lots of fun!

