



ACHIEVEMENT ASSEMBLY!

FRIDAY 15th MAY 2021 – Wellbeing Week!



WELLBEING WEEK

We have been getting up to lots this week!

MONDAY: Be Mindful

TUESDAY: Get Creative

WEDNESDAY: Keep Learning

THURSDAY: Be Active

FRIDAY: Connect



WELLBEING WEEK



Day 1 - Be Mindful

WELLBEING WEEK



Day 1 - Be Mindful

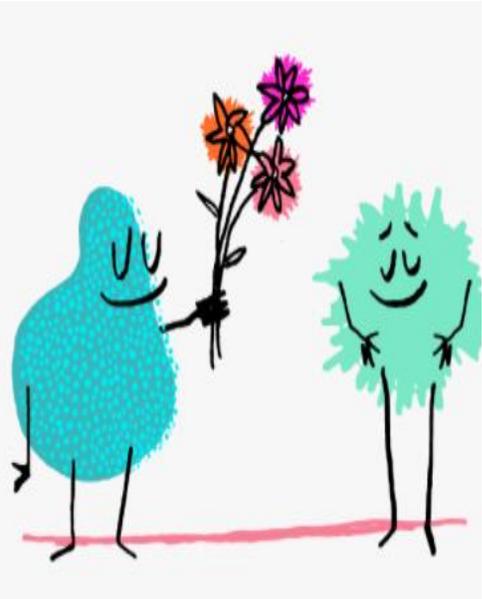
WELLBEING WEEK



Day 1 - Be Mindful

WELLBEING WEEK

BE MINDFUL - WHY?

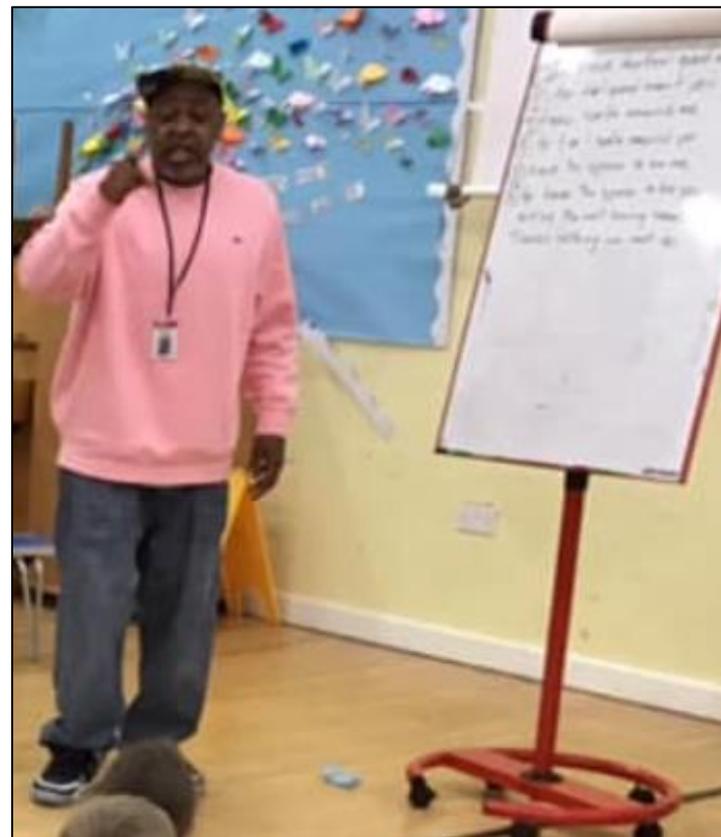


-Being aware of how we are thinking and feeling helps us to know ourselves well, and to develop strategies to deal with sad thoughts better.

-Being mindful of others (e.g. complimenting them) has been proven to improve happiness and healthiness.

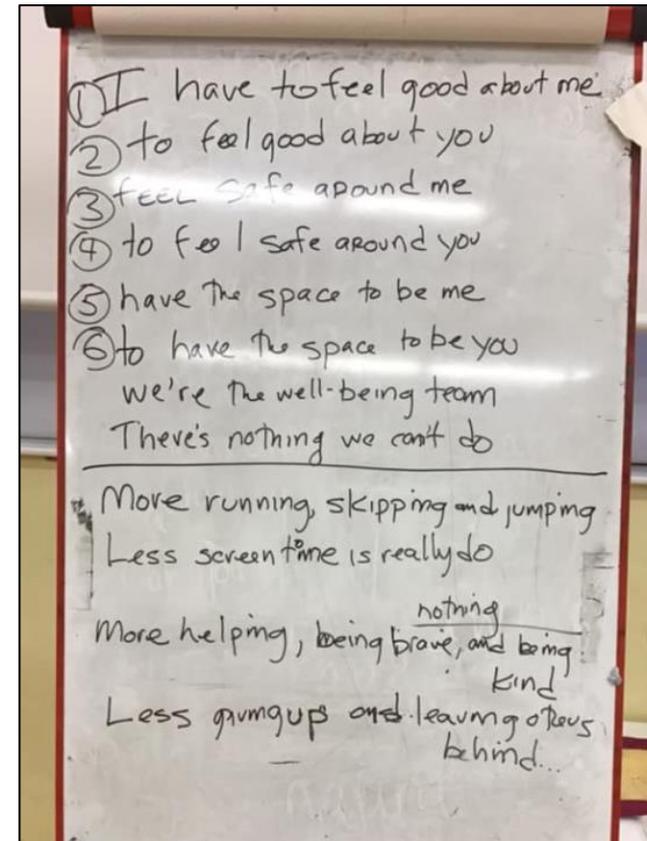


WELLBEING WEEK



Day 2 - Get Creative

WELLBEING WEEK



Day 2 - Get Creative

WELLBEING WEEK

GET CREATIVE - WHY?



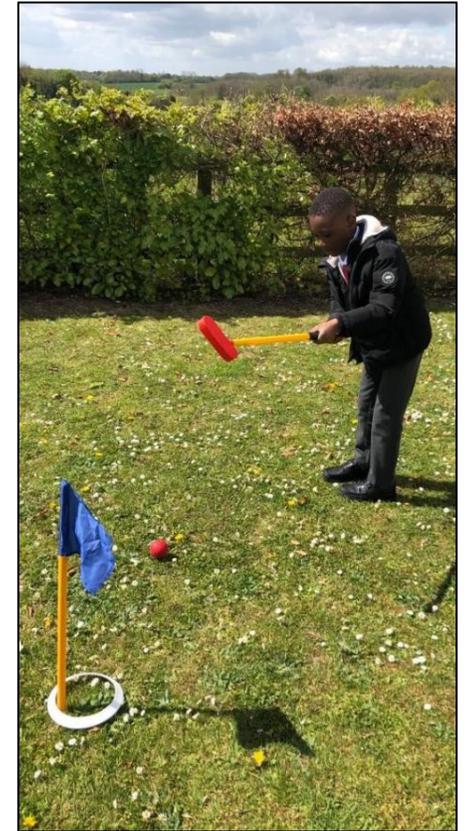
- Research has shown that being creative has a calming effect on our bodies, like meditation.
- It can even slow our heart rate down!
- Creativity reduces anxiety and stress.

WELLBEING WEEK



Day 3 - Keep Learning

WELLBEING WEEK



Day 3 - Keep Learning

WELLBEING WEEK



Day 3 - Keep Learning



WELLBEING WEEK



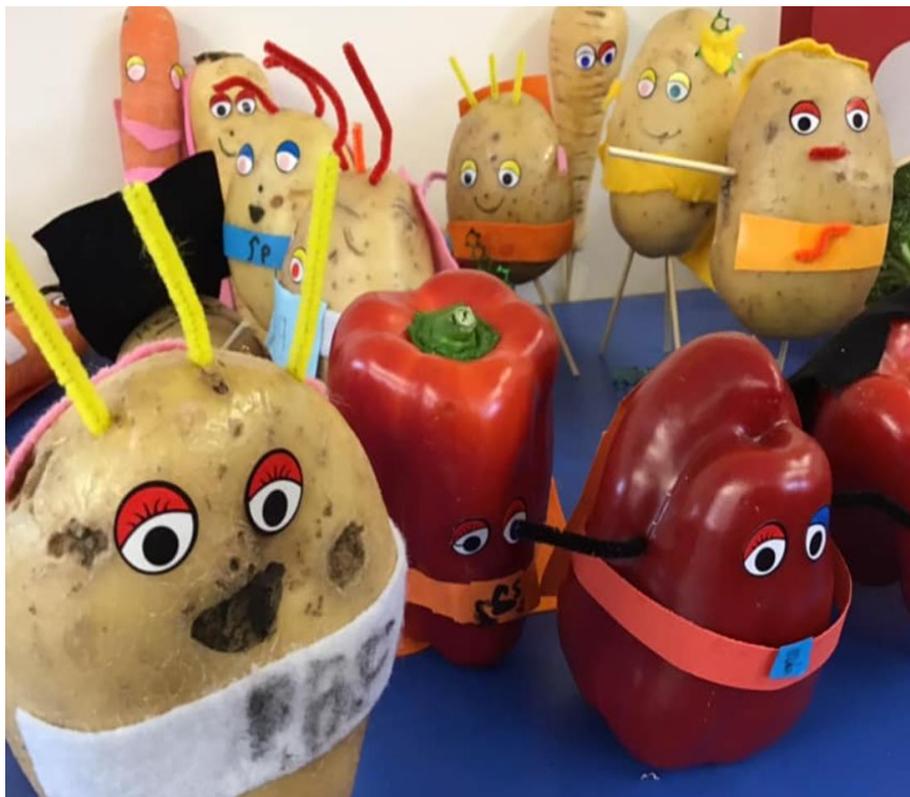
Day 3 - Keep Learning

WELLBEING WEEK



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WELLBEING WEEK



Day 3 - Keep Learning



WELLBEING WEEK

KEEP LEARNING - WHY?



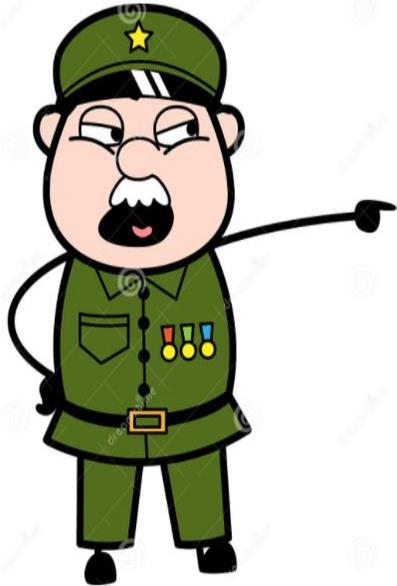
-Learning new things can build our confidence and self-esteem.

Learning new things can give us a challenge and a sense of purpose.

-People who have lots of different skills often get more opportunities in life.

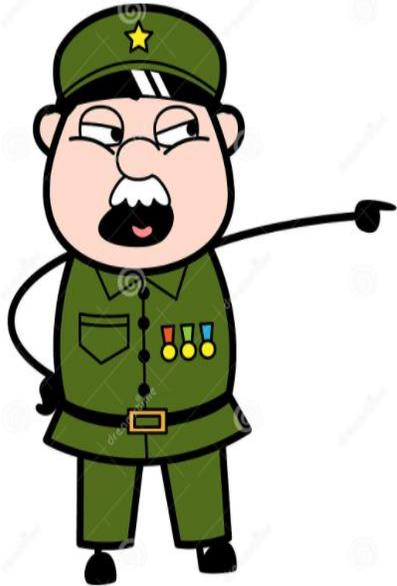


WELLBEING WEEK



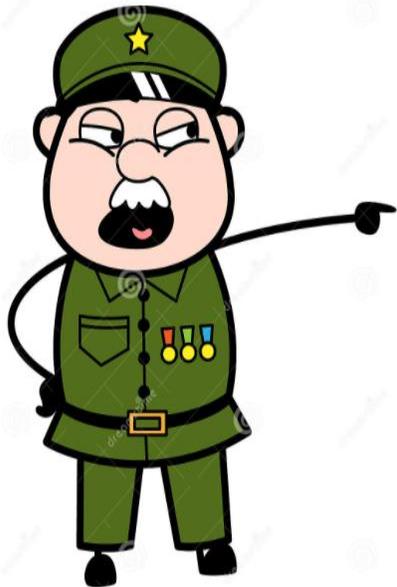
Day 4 - Be Active!

WELLBEING WEEK



Day 4 - Be Active!

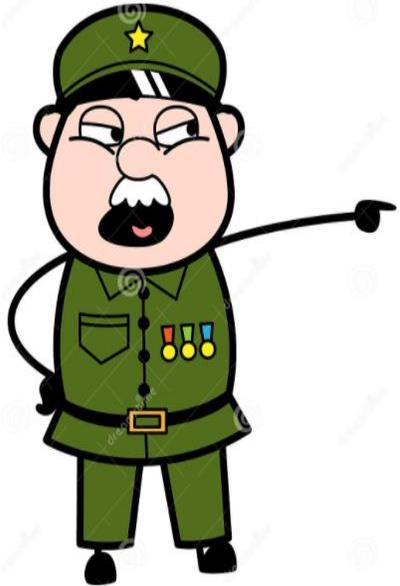
WELLBEING WEEK



Day 4 - Be Active!

WELLBEING WEEK

BE ACTIVE - WHY?



- Exercise releases endorphins, which help us to feel happy and energetic.
- There is a 20-30% lower risk of feeling depressed if you regularly exercise.
- It helps you to keep leading an active life as you get older.



WELLBEING WEEK



Day 5 - Connect



WELLBEING WEEK



Day 5 - Connect

WELLBEING WEEK

CONNECT - WHY?



- Connecting with others makes us less likely to feel lonely.
- Talking to others can help us feel less stressed.
- People who are socially connected, on average, live happier and longer lives.



DUCKLINGS!





DUCKKLINGS!



CHILDREN WHO MADE IT TO GOLD!

Teddy

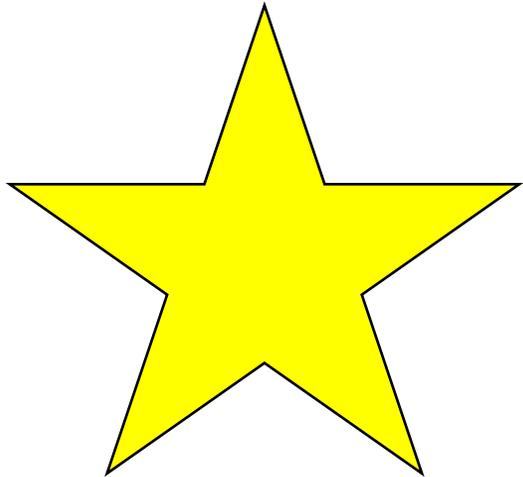
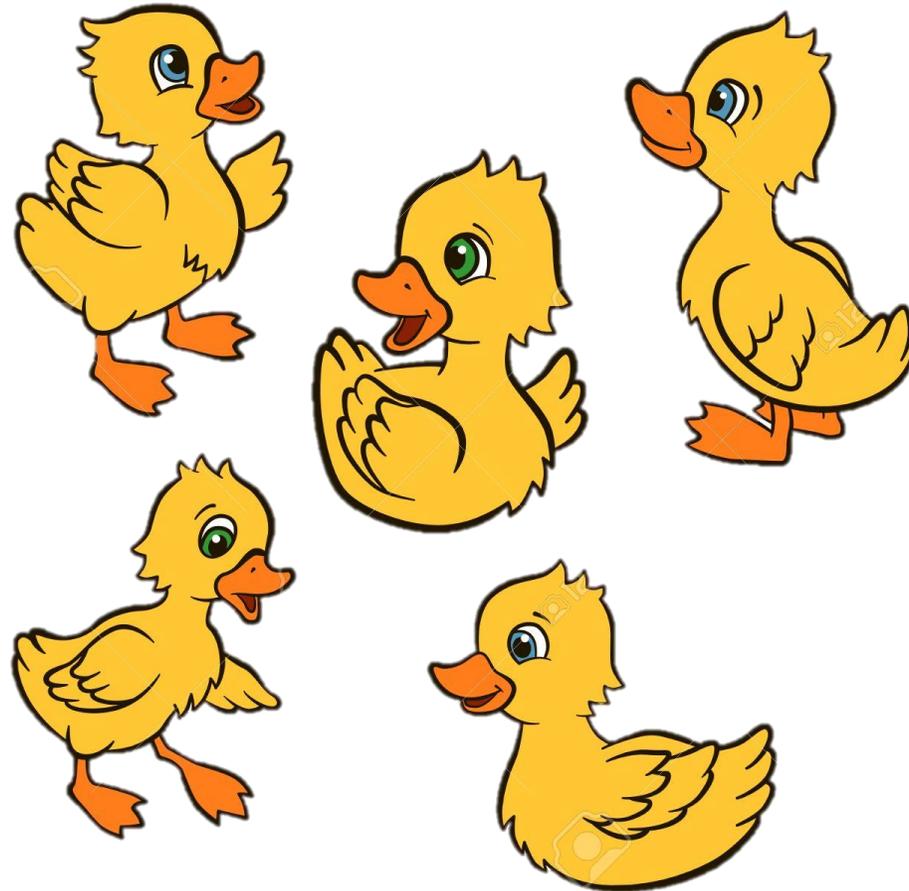
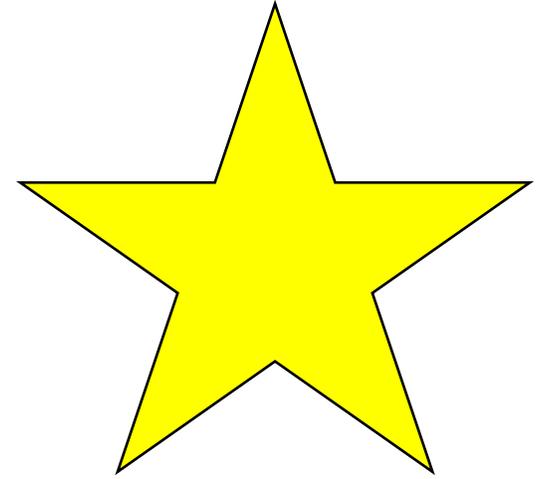
Elliott

Mya

Sid

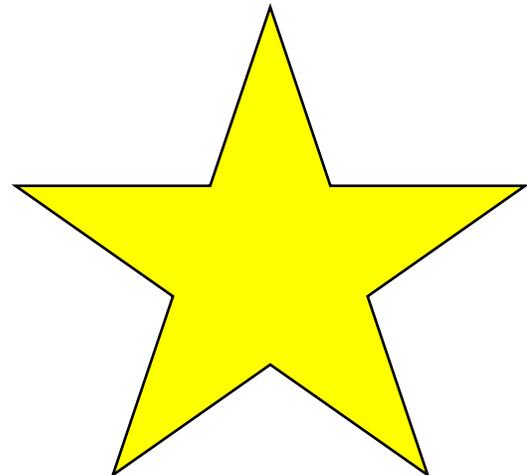
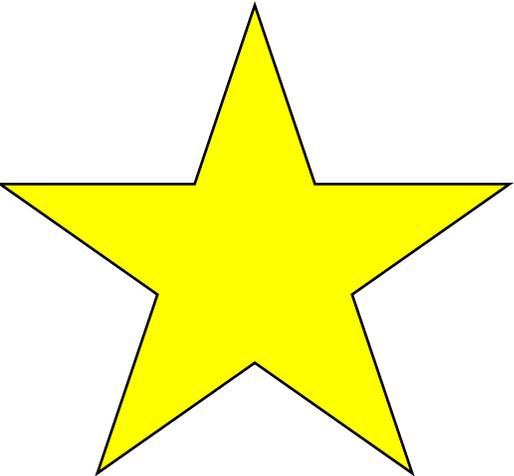
Benjamin

AND OUR STAR OF THE
WEEK IS...



CONGRATULATIONS...

HARRY!





MINNOWS





MINNOWS



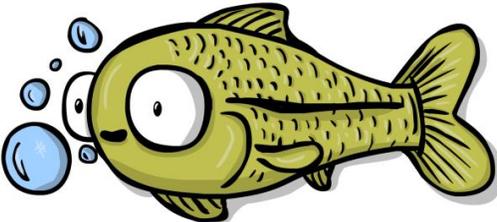
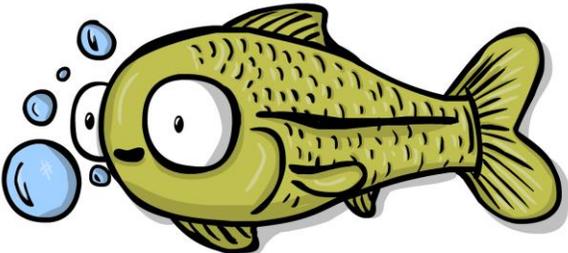
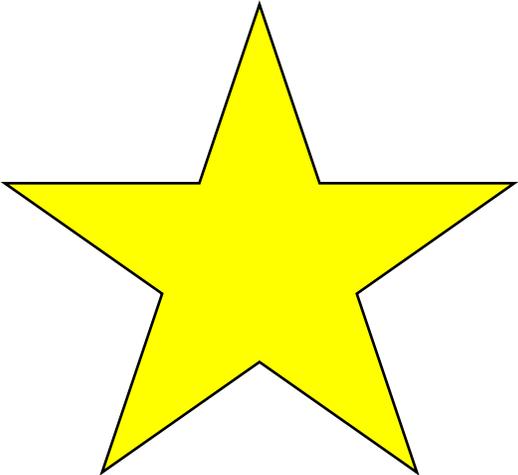
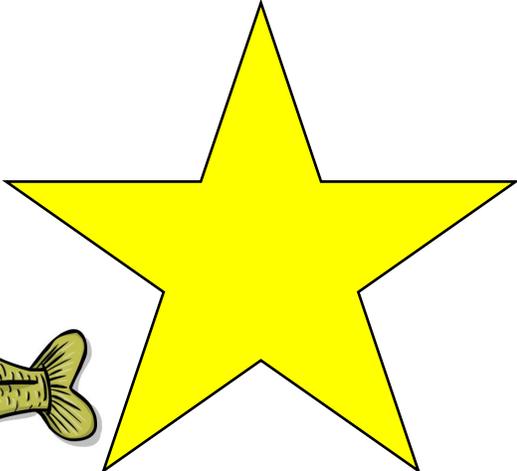
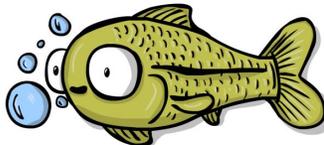
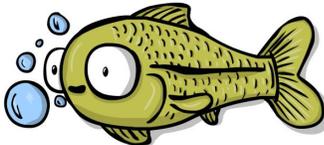
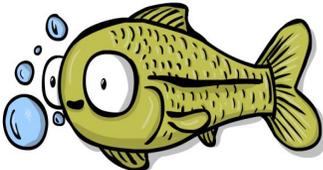
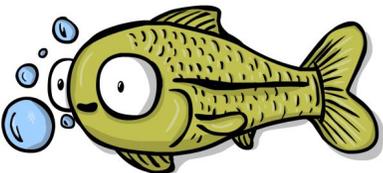
CHILDREN WHO MADE IT TO GOLD!

Anabelle

Rafe

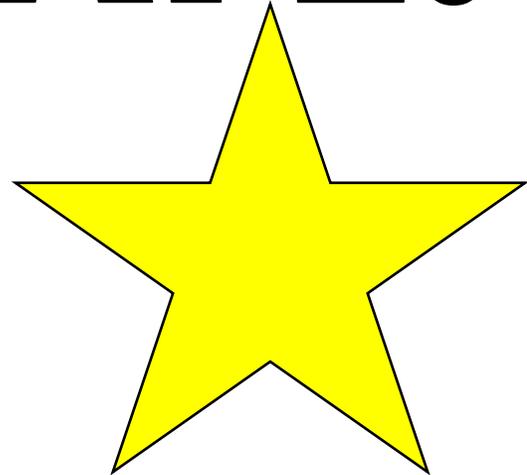
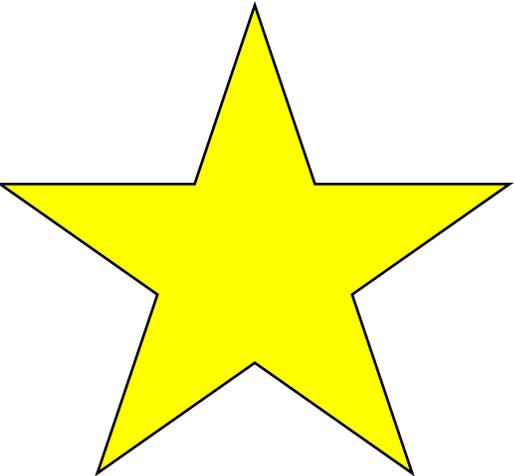
Jake J

AND THE STAR OF THE WEEK IS...



CONGRATULATIONS...

ANABELLE and RAFE!





FROGS





FROGS

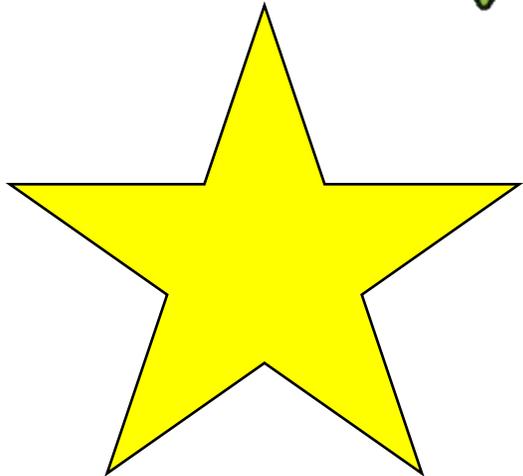
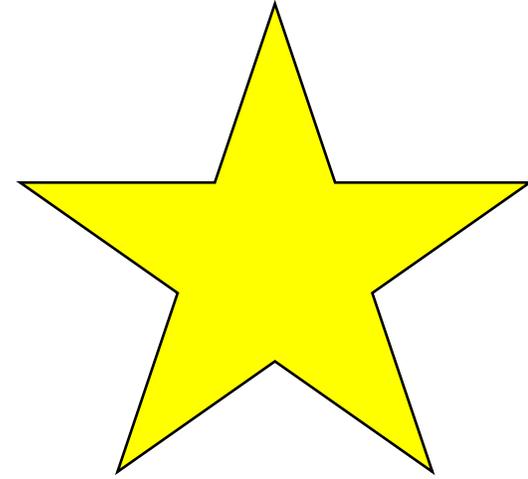


CHILDREN WHO MADE IT TO GOLD!

Ryan

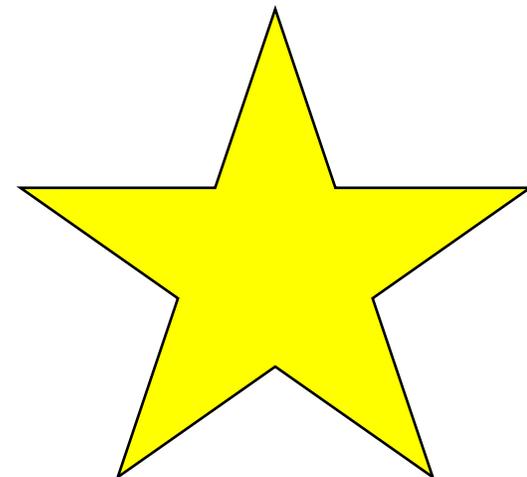
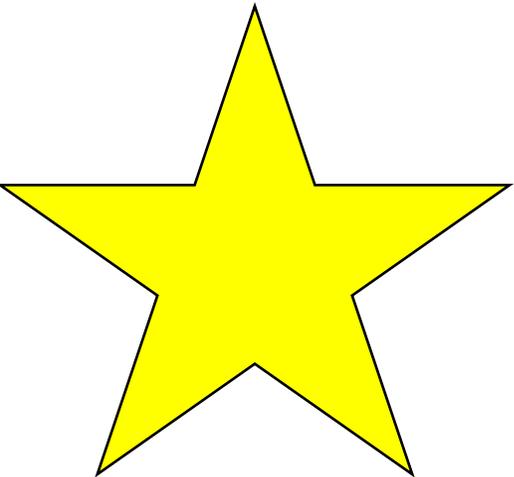
Michael

AND THE STAR OF THE
WEEK IS...



CONGRATULATIONS...

ROMILY!





KINGFISHERS





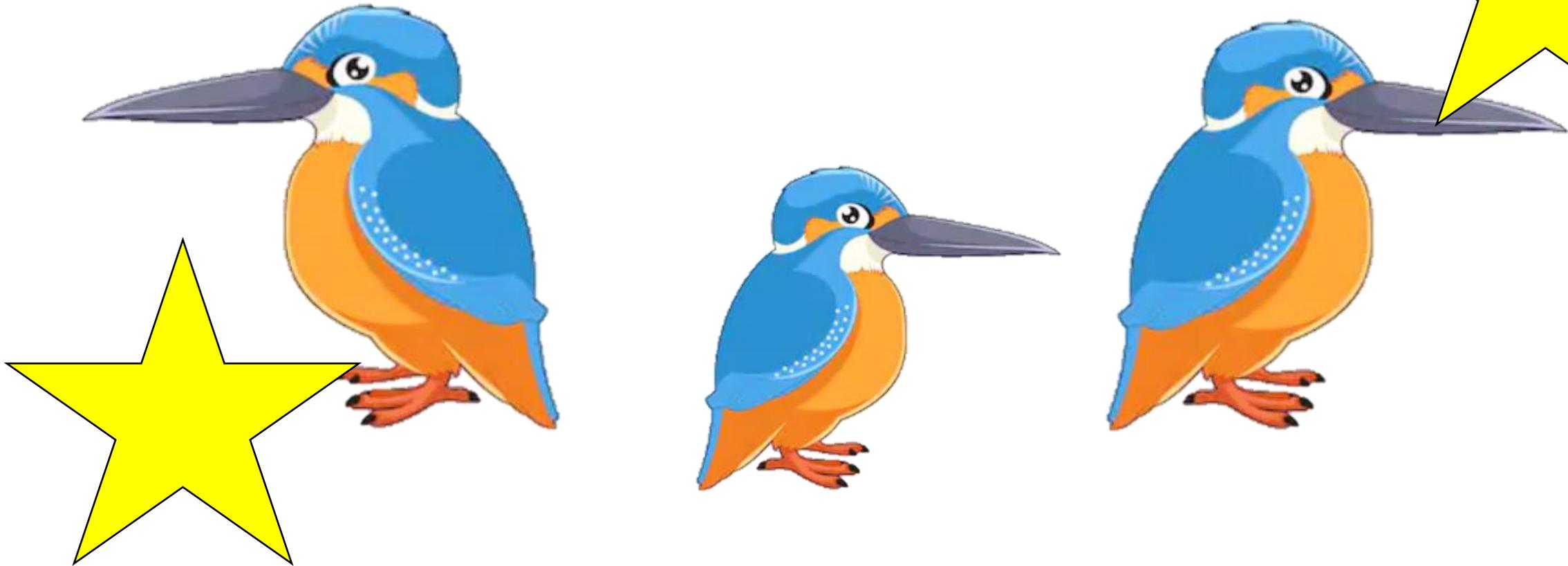
KINGFISHERS



CHILDREN WHO MADE IT TO GOLD!

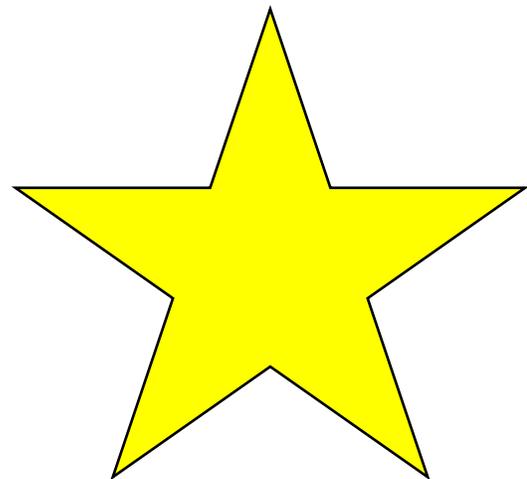
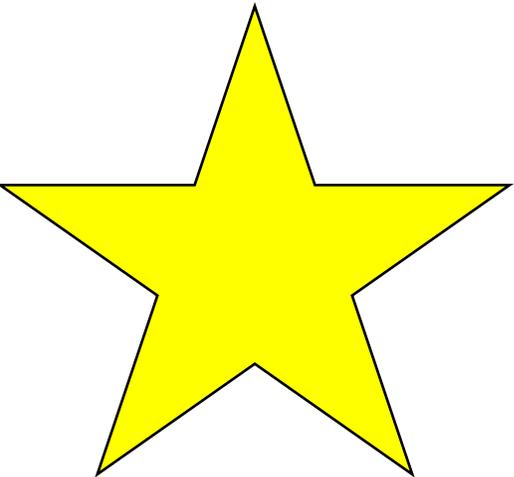
Thomas

AND THE STAR OF THE
WEEK IS...



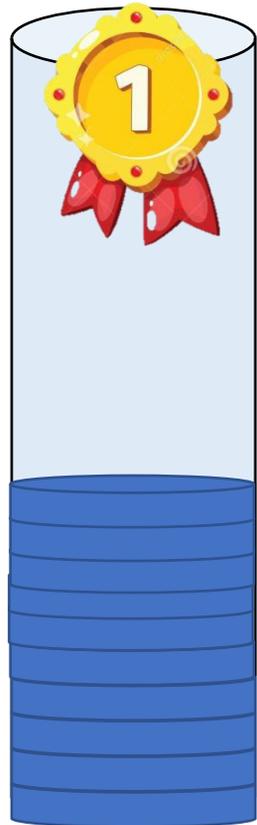
CONGRATULATIONS...

**JOSEPH &
STANFORD!**

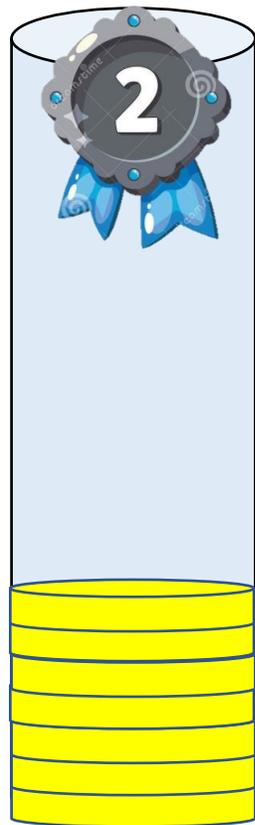


HOUSE POINTS UPDATE!

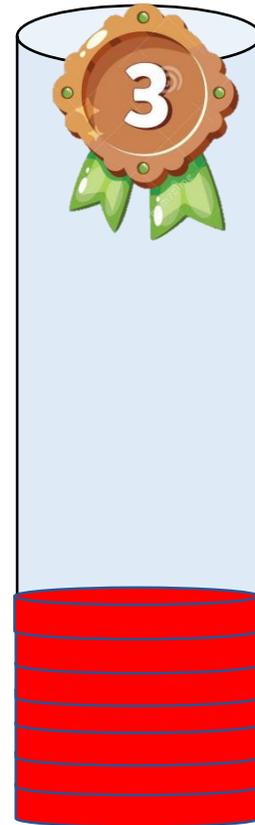
MATTHEW



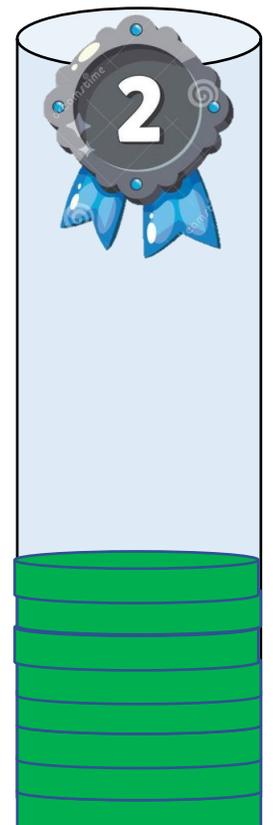
MARK



LUKE



JOHN



SCORES ON THE DOORS!

MATTHEW

MARK

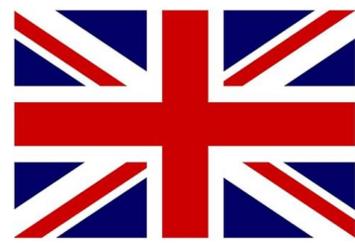
LUKE

JOHN





COMPETITION EXTENSION!



Royal British Legion Centenary Event drawing competition! ENTER BY MONDAY!

Your drawing should be on the sheet given to you by your teacher. It should be of an event or a year that has taken place over the last hundred years.

The winning entries will be printed onto a special tapestry that will be hung in the village during the celebration!



**HAVE A
FANTASTIC
WEEKEND!**