



ACHIEVEMENT ASSEMBLY

Friday 19th May 2023



WELLBEING

-Wellbeing is about being healthy, happy and comfortable.

-It is about feeling good: both physically and mentally!



WELLBEING WEEK

WEDNESDAY: SCARF Sessions/ artist/ Food bank donation.



THURSDAY: Learn a new skill! Debden's Got Talent.



TUESDAY: SCARF Sessions. Ukelele/ Marvellous Me.



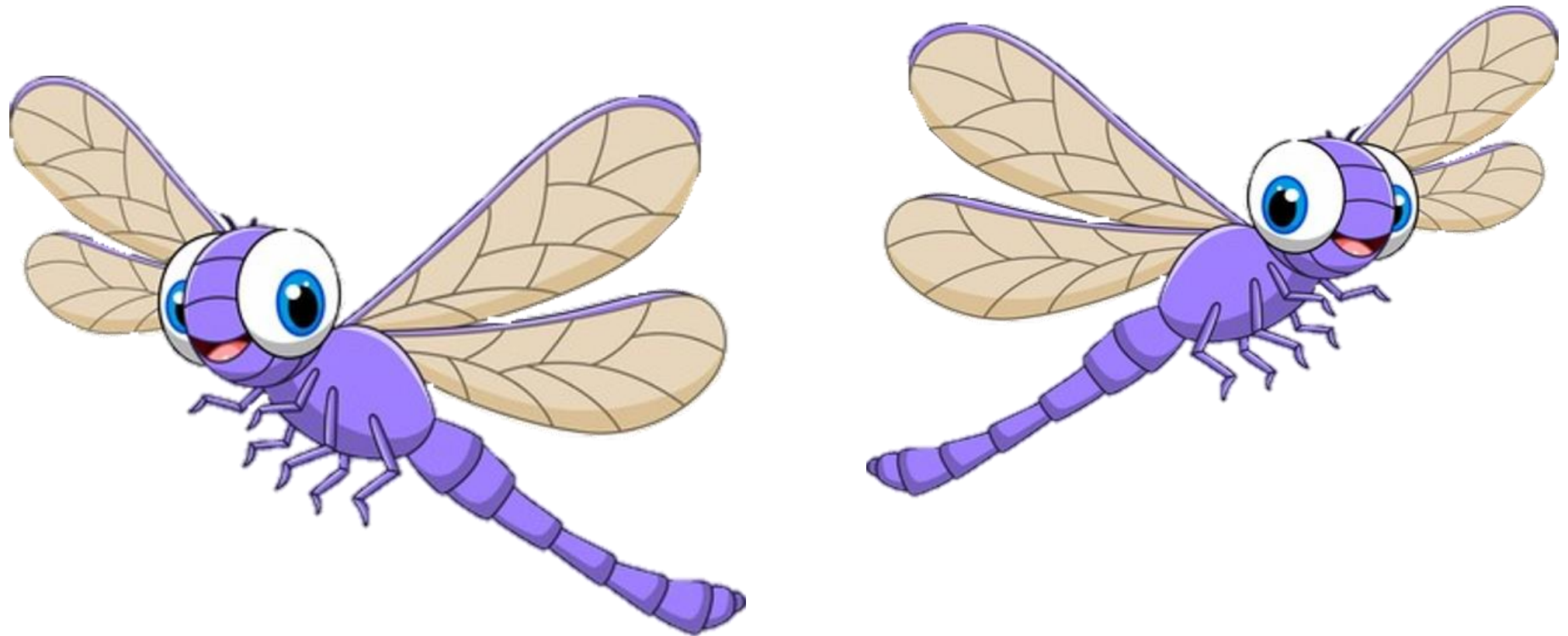
FRIDAY: Whole school breakfast. Surprise connect activities.



MONDAY: Army bootcamp/ Active Learning Session



**LET'S HEAR FROM
THE...**



MONDAY - BE ACTIVE: Why?

Exercise releases endorphins, which trigger a positive feeling in your body and mind.

Researchers found that, on average, a person has 3.4 poor mental health days per month. But among those who exercise, the number drops to under 2 days per month.



MONDAY – BE ACTIVE



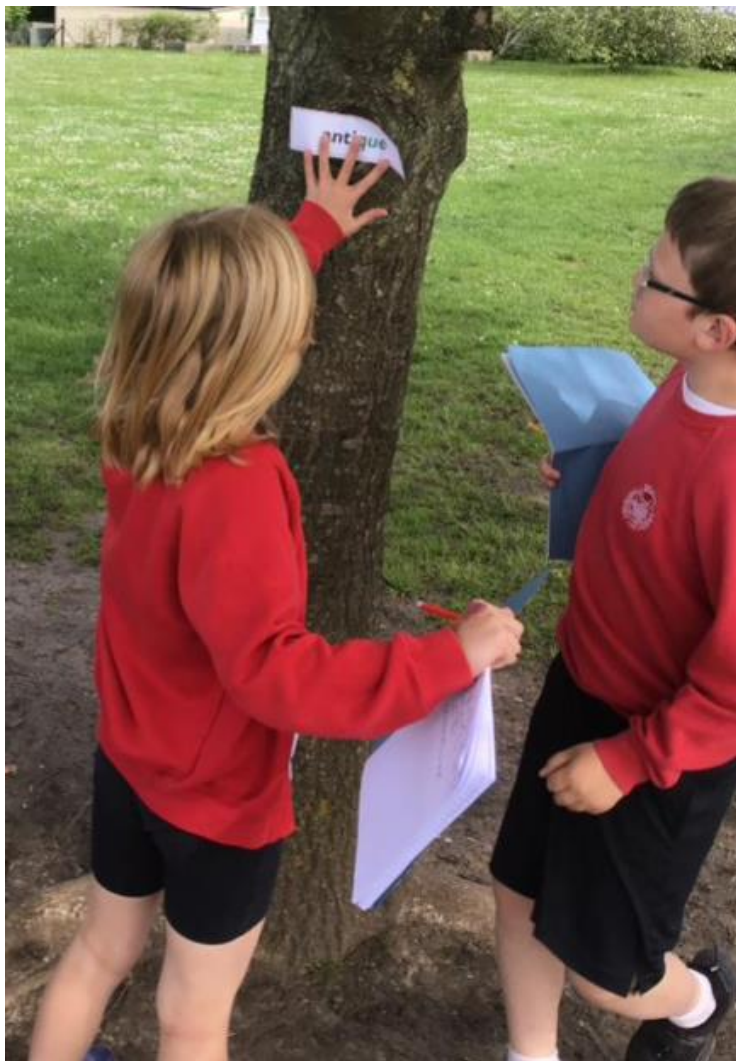
MONDAY – BE ACTIVE



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MONDAY – BE ACTIVE



Reaching **GOLD!**

Gladys

Isaac

Rayna

Elliott

Florence

Teddy

Mya

Anastasia

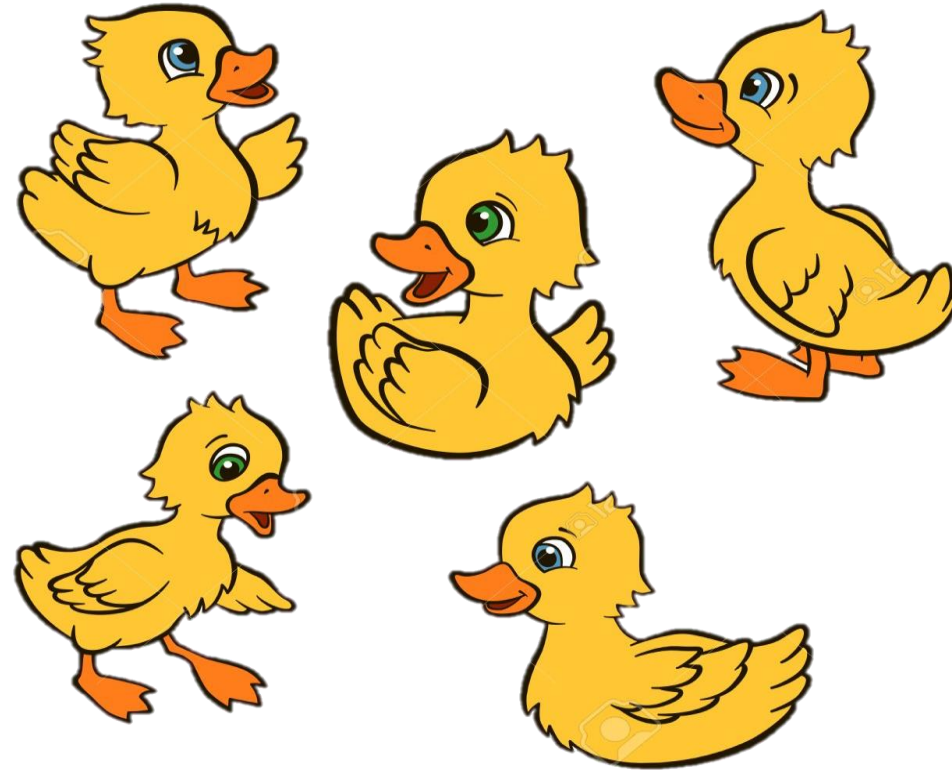
And the winner is...

RAYNA!

CONGRATULATIONS!



LET'S HEAR FROM
THE...



TUESDAY - GET CREATIVE: Why?

-Creativity is also proven to reduce stress and improve happiness.

‘The area of the brain involved in emotions and motivation is the amygdala and is fuelled when we are engaged in such activities.’



TUESDAY – GET CREATIVE



Singing makes me happy

Monty



Get Creative!

Music Session with Emma
from Essex Music Hub

It was fun, everyone did
something different.

Charlotte

Reaching **GOLD!**

Bella

Naman

Albie M

Jessie

Willow

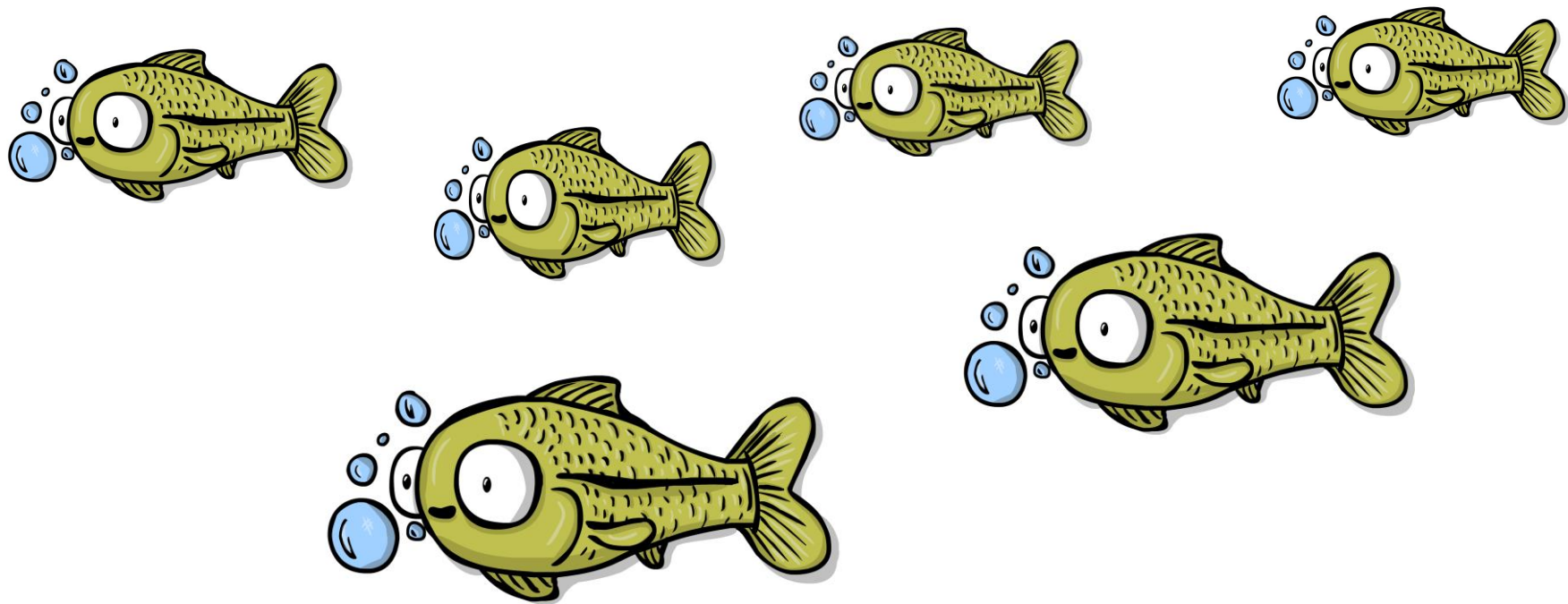
And the winner is...

BELLA!

CONGRATULATIONS!



NOW LET'S HEAR
FROM THE...



WEDNESDAY - BE MINDFUL: Why?

-Mindfulness exercises are ways of paying attention to the present moment using techniques like meditation, breathing, and yoga.

Mindfulness can help you:

- understand your emotions better
- cope better with difficult thoughts
- feel calmer
- boost your attention and concentration
- improve your relationships



WEDNESDAY – BE MINDFUL



Mindful art



Mindful colouring lunchtime club



WEDNESDAY – BE MINDFUL

SCARF and Harold



MIND – learning how to calm down



Beth

Noel

Peniame

Jasmine

Cosmus

Esme B

Lucas

Penny

Olivia

Eli

Saathvik

Iestyn

Ivy-Mae

Mason

And the winner is...

BETH and IESTYN!

CONGRATULATIONS!



WHAT HAVE THE



BEEN UP TO?

THURSDAY - KEEP LEARNING: Why?

- Improves your brain health and memory.
- Gives you a challenge and sense of achievement.
- Builds connections with others.
- Keeps you feeling purposeful.

It activates the release of the 'feel-good' chemical dopamine in the brain.



THURSDAY – LEARN NEW SKILLS

Photography

Musical Theatre Singing

Dream Catchers

Cookery – Rocky Road

Watercolours

Gardening

Rounders

Meditation

Parachute Games/ Yoga

Splatter Painting

Archery

Bird Feeders



THURSDAY – LEARN NEW SKILLS



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THURSDAY – LEARN NEW SKILLS



THURSDAY – LEARN NEW SKILLS



Reaching **GOLD!**

Neora

Daniel

And the winner is...

NEORA!

CONGRATULATIONS!



LET'S HEAR FROM...



FRIDAY - CONNECT: Why?

-Feeling well connected to other people promotes positive mental health, physical health and gives our lives meaning.

-A 2002 study of 2,000 students in the USA found that the happiest among the group had more strong social relationships than those who were less happy.



FRIDAY - CONNECT



FRIDAY - CONNECT



FRIDAY - CONNECT



Reaching **GOLD!**

Romily

Eleanor

Ryan

Cameron

Emma

Jonah

Tilly

And the winner is...

JASON!

CONGRATULATIONS!



**A HUGE THANK
YOU TO OUR
WELLBEING
LEADER!**

SCORES ON THE DOORS!

MATTHEW

MARK

LUKE

JOHN





SCHOOL PRAYER



Dear God,
Thank you for our school community,
For our friends and family
And those who help us to Nurture, Progress and Excel.
Bless our school.
Help us all to follow your ways,
Be kind to others and to always do our best,
So that we may have life in all its fullness.
Amen





HAVE A GREAT WEEKEND!

