



Newsletter



Are you looking for some continued Professional Development inspiration? Public Health & Mental Wellbeing free masterclasses are being run by Glyndwr University , alongside some other interesting courses....

[Glyndwr Community/UniversityEvents/](#)



Country Trust
Where children learn and grow

You may have seen that learning outdoors is being promoted in schools at the moment.

Is this something that you are comfortable to deliver? Would you like some help to talk through how **you** could do it?

The Country Trust's mission is to bring alive the working countryside for children least able to access it.

Usually we organise and deliver free farm and countryside visits working mainly, but not exclusively, with primary schools in this area.

As you are aware, we are not able to deliver visits at present. However we do have many years' experience in delivering high quality educational sessions outdoors.

Our trustees have given us permission to use this experience and passion to provide limited **FREE help, support and ideas to enable any teachers from eligible schools to deliver outdoor learning in the immediate future.**

If you are a teacher in a school with higher than average FSM, EAL, SEN/ALN etc, and would like some ideas or would like to talk to someone about how to deliver outdoor learning in your school grounds please do get in contact with

Mary Hext mhext@countrytrust.org.uk 01978 269451
www.countrytrust.org.uk

For all other schools Mary Hext also works independently as One-Two-Tree Environmental Education Ltd. She has a passion for outdoor learning and wants to support as many schools as possible to have easy, enjoyable experiences outdoors. If you are interested in talking things through please do contact Mary on

01978 269451 mary@one-two-tree.co.uk (Charges may apply if you are not a Country Trust Eligible school- please ask for details)



Ebug weekly tailored packs for KS2 - Bilingual Resource
From Betsi Healthboard

[Harmful Microorganisms - Zip File](#)



SCHOOL
HEALTH
RESEARCH
NETWORK

SHRN- Secondary Schools

SHRN have created a new area of their website to include resources on specific wellbeing areas designed to link with each report heading. These resources include all relevant webinars, research briefs, research papers, and the external agencies listed in the reports. The links to the pages are found below: **Risk Behaviours (Smoking, gambling, drugs and alcohol)** - <http://www.shrn.org.uk/risk-behaviours/> **Sex and Relationships** - <http://www.shrn.org.uk/sex-and-relationships/> **Mental Health and Emotional Wellbeing** - <http://www.shrn.org.uk/mental-health-and-emotional-wellbeing/> **Food, Fitness and Physical Activity** - <http://www.shrn.org.uk/food-fitness-and-physical-activity/> **School Wellbeing Policies and their Impacts** - <http://www.shrn.org.uk/school-wellbeing-policy-and-its-effects/>

A new Research Brief: Mental Wellbeing and Transition to Secondary School

‘Students who transition to a more affluent secondary school than their primary school are likely to report worse wellbeing.’

Read about the findings from a newly published study based on 2017/18 SHRN data by Dr Graham Moore (pictured above): http://www.shrn.org.uk/wp-content/uploads/2020/05/Transition-2020_Eng.pdf He has also written a blog for the British Educational Research Association (BERA) which you might find interesting: <https://www.bera.ac.uk/blog/school-transition-socioeconomic-inequalities-in-wellbeing-and-the-covid-19-pandemic>

Mind the Gap



Things are changing, schools in England have stated to go back and now here in Wales we can meet up with another household outside. It is important firstly to remember each household is different and just because restrictions have eased it doesn't mean you have to start mixing as it may not be right for your family.

The 2 meter rule still stands and maintaining this distance is going to be tricky, we only have to look at how hard adults are finding it at supermarkets to know that children are also going to struggle. Families may find it easier if they have planned ahead of a family catch up, think of games children can play where the 2 meters can be a part of the game.

Useful links

<https://m.youtube.com/watch?v=XUXDX0WFyno&feature=youtu.be>

Search for the below on facebook:

[Family lockdown tips and Ideas](#)
[Playful childhoods \(play wales\)](#)

Young Wrexham Website

www.youngwrexham.co.uk

Play and Youth Support Team

Contact us

play@wrexham.gov.uk

Send your playful pics to play@wrexham.gov.uk and we will share in the coming weeks.

Playing Apart

Social distance games.
(remember to wash hands and use antibacterial cleansers on shared surfaces.)

Draw a 2 meter circle or box to play board games or garden jenga.

Bean bag throwing at targets (each person has one colour).

Street chalk, take turns, one person draws a head, the other the body etc

Playful Challenges - How many can you do in a week?

Silly	Every 5th word in a sentence is the word Elephant.
Physical	How many ways can you cross your garden/room try bunny hopping, rolling, backwards etc.
Entertaining	Put on a puppet show, film it for the people you are missing.
Practical	Laundry challenge, either beat siblings or the clock, who can pair the most socks or find and fold all their items.
Key Skills	Follow a recipe to make a pizza or cake, decorate it to make a funny face or picture.





This information sheet has been developed to inject some fun, playful activities into daily exercise and throughout the day.

Lords and Ladies, it's time to get up and move our feet. Off we go on our next adventure!

Keep a log of your journey
How many people did you see?
Did you know them?
How many steps did you walk?
What was the weather like?

Before you go
All noble knights and brave princesses need a castle. This can be a den made out of a table covered in blankets or a cardboard box den painted up, or even re-imagining a playhouse. Let the children make it more suitable to the needed of a Knight/princess.
Outfits, raid the fancy dress or make one out of cardboard.

On your Walk

- Look for anything you may need for your castle. Are there flowers you can pick (only if appropriate)?
- Princess must remember to glide like a princess, knights may ride into battle or clunk along in their armour.
- Find sticks to make a bow and arrow to add to your outfit.

When you're back.
How would your character defend their castle, would it be with magic, swords, bow and arrow or maybe a dragon?
Have a feast fit for royalty, triangle sandwiches, cake on your best plates, flowers on the table, use a tablecloth.

Why were the Middle ages called the dark ages?
Because there were so many Knights.

Important
Adhere to social distancing guidelines during any daily exercise.
Remain at least 2 metres away from other people at all times

And finally.....

How well do you know someone? Do you think you could tell if they were telling the truth or a lie?
Grab a dice and some markers and find out.....



TELL THE TRUTH



TELL A LIE



START	my best holiday	my father	my sister	my bike	food I like	my favourite film
↓		↓		↓		↓
a habit of mine	a song I hate	my hobby	my favourite place	my pet	television	weather
my favourite teacher	something I am excellent at	my favourite thing	morning routines	my favourite dish	my favourite country	my house
my favourite book	my mother	my grannies	my favourite athlete	my school bag	my favourite snack	disease
	↑		↑		↑	
my favourite shoes	my favourite chore	my bedroom	my best friend	my worst excuse	favourite pastime	END