



## Enhancing Your Child's Wellbeing Through Extracurricular Clubs

Dear Parents and Carers,

We are thrilled to introduce our diverse range of extracurricular clubs, each thoughtfully designed to enrich your child's educational experience and overall wellbeing. Our clubs align with the "5 Ways to Wellbeing" framework, a set of evidence-based actions which promote mental health and wellbeing in young people. These are:

**Connect:** Building strong relationships with others, fostering a sense of belonging and community.

**Be Active:** Engaging in physical activities to improve physical health and mental well-being.

**Take Notice:** Encouraging mindfulness and awareness of the world, enhancing appreciation and understanding.

**Keep Learning:** Promoting continuous personal development and the joy of discovery.

**Give:** Encouraging acts of kindness and contributions to the community.

**Each club offers unique opportunities for your child to engage in activities that support these aspects of wellbeing:**

**Creativity and Learning:** Clubs like Pottery, Science, and Coding stimulate creativity, curiosity, and continuous learning, fostering intellectual growth and innovation.

**Physical Health and Teamwork:** Sports clubs and Forest Club provide avenues for physical activity, teamwork and healthy living.

**Emotional Wellbeing and Mindfulness:** Activities in the Film, Choir, and Gardening clubs offer spaces for emotional expression, relaxation, and connection with nature.

**Community and Connection:** Choir and Construction clubs nurture a sense of community and collaboration, vital for emotional support and development.

**Self-Esteem and Achievement:** Home Learning and Multi-Sports Clubs foster a sense of achievement and build self-esteem.

### Wellbeing Links in our Spring Term Clubs

**Science Club:** Enhances curiosity and critical thinking (**Keep Learning**). Encourages teamwork and sharing ideas (**Connect**). Explores the wonders of the natural world (**Take Notice**).

**Gardening Club:** Connects with nature, fostering a sense of peace and hope (**Take Notice, Give**). Promotes environmental stewardship (**Give**). Offers a calming, nurturing activity (**Be Active**).

**Pottery Club:** Encourages creativity and self-expression (**Keep Learning**). Helps develop fine motor skills and focus (**Be Active**). Provides a calming, therapeutic experience (**Take Notice**).

**Coding Club KS2:** Develops problem-solving skills (**Keep Learning**). Encourages collaboration and sharing of ideas (**Connect**). Sparks interest in technology and innovation (**Keep Learning**).

**Multi-Sports Club:** Promotes physical fitness and a variety of sports skills (**Be Active**). Encourages teamwork and sportspersonship (**Connect**). Provides an opportunity for active mindfulness (**Take Notice**).

**Construction Club:** Builds resilience through creating and reimagining structures (**Keep Learning**). Encourages collaborative play and communication (**Connect**). Enhances spatial awareness and creativity (**Take Notice**).

**Film Club:** Offers a shared experience to discuss and connect over films (**Connect**). Enhances critical thinking and appreciation for storytelling (**Keep Learning**). Encourages emotional awareness and empathy (**Take Notice**).

**Forest Club:** Connects children with nature, enhancing environmental awareness (**Take Notice, Give**). Promotes physical activity and exploration (**Be Active**). Builds appreciation for the outdoors (**Take Notice**).

**Home Learning Club:** Supports academic progress and self-directed learning (**Keep Learning**). Offers a space for collaborative study and support (**Connect**). Helps develop organisational skills (**Take Notice**).

**Choir/Singing Club:** Enhances vocal skills and musical appreciation (**Keep Learning**). Builds community and a sense of belonging through singing together (**Connect**). Encourages emotional expression and relaxation (**Take Notice**).

Our clubs are more than just extracurricular activities; they are a pathway to holistic development, fostering resilience, and happiness in your child. We warmly invite your child to explore their interests, develop new skills, and be a part of our supportive community. Let's work together to support the wellbeing and growth of our young learners!

Warmest regards

Dr Natalie Bailey (Counselling Psychologist/CAMHS Worker in Schools)