



@OPA_KHG



OPAK

14th May 2021

Newsletter from our Mental Health and Wellbeing Champions

The Mental Health and Wellbeing Champions have been extremely busy this week promoting Mental Health Week! The theme this year has been 'Connect with Nature'.

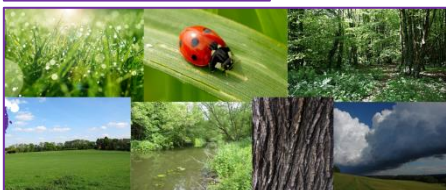


We began the week with an assembly in which we discussed the benefits of connecting with nature and shared lots of different ways you can bring nature into your life. Have a look at the link below for the impact of nature on our mental health which include improving our mood, increasing concentration and developing self-confidence.

<https://www.mentalhealth.org.uk/campaigns/mental-health-awareness-week>

Encouraging your child or young person to build in opportunities to connect with nature in everyday life can improve both the health of their bodies and their minds.

As Mental Wellbeing Champions we then introduced our photography competition! We want children to connect with nature by getting creative through photography. Each class will have one winner which will be decided by us towards the end of next week!



Don't forget, there is lots of useful information regarding Mental Health on our school website. <https://www.kirkhamgate.outwood.com/mental-wellbeing>

Throughout the week, lots of classes have taken on the challenge of connecting with nature in their daily lessons, providing children with the opportunity to understand the benefits nature can have. Examples include Y1 who went on a nature walk to see what living things they could find; Y3 who have been investigating shadows throughout the day in their Science lesson and Y6 who combined an orienteering PE lesson with maths challenges – all these experiences boosted our mental health through connecting learning with nature!



A huge thank you to Ava in Y6, who during our assembly, shared the importance of exercise on our mental health.



OPA Kirkhamgate
@OPA_KHG



Take a look on our school Twitter page for all the exciting things the academy has taken part in this Mental Health Week.

#MentalHealthAwarenessWeek2021

#OPAKWellbeing