

Throughout this term we have introduced the 5 ways to Well-Being at Abbey Village. It is a whole school initiative to build resilience and to boost our mental health and wellbeing. It is evident that now more than ever, the mental health and wellbeing of our pupils is pivotal in their learning journey. The ways to wellbeing consist of 5 key areas:

- Be active
- Connect
- Take notice
- Keep learning
- Give

Throughout the next two terms, we will have a specific focus over a period of time. Our first way to wellbeing is 'Be Active'. The children and parents have been introduced to our new focus and have been given a 'Be Active' record keeper to record the ways in which they are 'being active'. Challenges are set via our school twitter for children to get involved in. All staff and parents are encouraged to get involved in our 'Be Active' challenge and already, plenty of children are really beginning to fill their charts!

