WimbledonChase

WELLBEING 2 | SPRING TERM | FEBRUARY 2025

KNOW YOURSELF, GROW YOURSELF

Children's Mental Health Week!

We've learnt about **emotions** and how to talk about them. We've **shared our** interests with our buddy class and made **personality** islands. We've signed a song about **feelings.** A video is on its way soon!

Parent Workshop - Nursery to Year 2 Separation Anxiety 7th March

Join us at Dundonald Primary, 7th March **2-3pm for a workshop with Megan Doyle** from the NHS Education Wellbeing Service. Gain support and learn new ideas with other parents.
You can find the details and sign up here.

Create Your Own Memory Tree! An Activity for the Whole Family!

This week we have learnt about how memories are an important part of who we are. Children in Years 1-6 had an assembly which introduced a **Memory Tree** home-learning activity. This is an activity best completed at home, as parents are the best people to know which memories can be accessed safely. You don't need to be an artist or to buy any materials: pencil and paper will do. Why not complete your own memory tree alongside your children's? Children are welcome to share their trees with us - either the actual tree or a photo of one.
Bea in 4A has shared her memory tree below!
Here is a link to instructions and a video.

Zones of Regulation

We use our Zones of Regulation to help us understand and share our emotions. If you would like to learn more or print a copy for home, then please click on the link below.
A guide for parents.



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Wimbledon Chase Children from Reception to Year 6 sharing emotions, personalities and memories!







How has your week been?

Which zone are you in today?

Ralph came to visit to help people back to the green zone.







