

The background features several large, overlapping spheres with iridescent, rainbow-like colors. A white, brushstroke-like shape is positioned on the right side, containing the main title and subtitle.

# Mental Health Matters

KAPSH WELL-BEING NEWSLETTER - ISSUE 2

SUMMER 2023

# Inclusion

The Well-being Warriors chose to prioritise INCLUSION this term and how we can work together to make each other feel included.

## What is inclusion?

- The act of including someone or something as part of a group.
- Honouring and responding to diversity, not ignoring it.
- Equal respect and understanding, without judging someone.

## What does inclusion look like in school?

- Inviting everyone to join in with your games.
- Everyone being fairly included in a lesson or an activity.
- All children, regardless of differences, learning together in the school environment.
- Involving each other when having discussions.





## Well-being Warriors Update

### Playground Games

This term, we have been thinking about what we can do to make our peers happy. We noticed some children in our class were feeling lonely, left out or bored during play times and lunch times.

Each of us decided to create an inclusive whole class game and we have worked hard on putting a set of instructions together. We delivered these instructions to our classes and with the help of our teachers, we have been able to lead these games on the playground! Anyone is allowed to join, but each class has a special time in the week where they get to play with their teacher.

We listened to what our peers had to say after they took part in the games. Have a read below:

Aditi, 4V - My whole class enjoyed playing the game that I introduced because they thought the competitions were fun! They enjoyed it even more when the teachers joined in because the adults encouraged the class to join in and try their best.

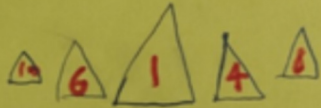
Raghav, 3V - My class enjoyed the game that I introduced a lot (Bowling). They really liked using different objects to knock the cones down. The children also liked the teacher joining in because she encouraged us and made a bigger challenge for everyone. I enjoyed introducing and leading the game.



# Year 3

## Class bowling

- 1 First you lay out 10 cones like a triangle
- 2 You get a ball
- 3 You throw the ball at the cones
- 4 You count the amount of cones you knock down. Each round there are 5 rounds the person with most points wins





# Year 4



## Hoops on the Lines

### RULES:

1. Set up some cones in a straight line.
2. Get some hoops out (Based on the amount of players)
3. Stand slightly far from your cone.
4. See who can throw the most hoops on the cone in a limit of time.
5. Start to shorten the line.



Aditi Y14



Written by Shanika

### Rules:

1. Place 5 hoops out and get a ball.
2. There is a shark (Teacher) and there is fish (Children)
3. You have to be in a groups of 5.
4. The ball is put into a groups but if it gets into your house (hoop) take it out and put it into another groups house.
5. When the shark says dinner time run to your houses, if the balls in your house you can't move it.
6. If the shark catches a fish while running to their house they are eaten (out) and if the balls in a house the shark eats one of the while they are in their home.
7. The last fish gets to be the shark and their house members get to have a little...

(In rule number 7, the well-being supervisor will find at least 2 children not from the group who won, the class will get 2 daisies for participating)





# Year 5

## Obstacle Course

1. In obstacle course there are many games like netball, cricket, basketball, Hoops on the cone and football.
2. The 1st game you guys can play is <sup>hoops on the cone</sup> ~~basketball~~. You have to
3. You just have to lay cones everywhere and take hoops. With the hoops you try to make the hoops on the cone.
4. If you win you will have another challenge which is to try bouncing a ball around the cone and if you don't touch the cone you are in the next challenge.
5. You have to do balling you have cones around and you have to ball.



## WHOLE CLASS Netball



- 1) To play this game you need to make four squares made out of cones
- 2) Next, form two teams and put on netball kits.
- 3) Then, position yourself in each of the boxes and pass the ball to one of your teammates
- 4) If the defender touches or catches the ball the whole game resets.

### Tips:

Keep moving around and try different angles and ways to throw the ball.

Use different styles of catching or throwing the ball.

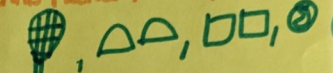
By Kaayn 6-11



# Year 6

## Mini Obstacle Course

Kyare  
VS  
Bhuddha

- 1) There will be tennis rackets, cones, Hoopa hoops, beanbags, rings. 
- 2) The 1st thing you do is throw beanbags into the hoops.
- 3) Then, you have to try to throw the ball to the Hoop cones.
- 4) Then, we have a Hoopa hoop race the longest or shortest or if you can play Hoopa hoop hopscotch.
- 5) Hit the discs with a tennis racket the furthest.
- 6) We will play a cricket match or a football match Boys vs Girls.

## Whole Class Netball

- 1) Set up 4 Squares with cones around a large area
- 2) Divide yourself in 2 different and equal groups (Bibs & Non-Bibs)
- 3) To start the game you spread out and pass the ball around without the other team intercepting.
- 4) To win you have to stand in one of the boxes with no one else inside. If you catch the ball while in the box and no one intercepting you get a point.

## TIPS:

- Make sure you have space between other players.
- Always Be ready to throw and receive the ball.
- Most importantly have fun!



## Tips for Pupils

The Well-being Warriors have been discussing how they think we can help others to feel included...

If you know someone that is lonely, include them in your game.

If you see someone that is lonely, approach them and talk to them.

Let people know that you want to join in with their games.

Listen to each other and fairly vote for the game you choose to play.

Have different roles for different people in the game.

At times, children want some alone time. Respect this and tell them that they can join in when they're ready.

## Tips for Parents

We can help our children by...

Listen and empathise with your child shares their concerns.

Show your child that kindness really does count.

Coach children to celebrate differences.

Teach your child how to meet and greet new people.

Model appropriate play.

Keep an eye out for exclusion behaviours.



## Healthy Steps

As you know, we took part in Healthy Eating Week! Many children entered the Healthy Eating competition and all classes participated in a special session, led by a nutritionist.

Please have a read of the Healthy Steps leaflet if you'd like more information on how to help your family become healthier and happier.

### Cherry berry crumble recipe

Tinned or frozen fruit is topped with a crunchy crumble mixture in this easy pudding.

Prep: 10 mins  
Cook: 30 mins  
Serves 6



#### Ingredients

- 400g frozen or tinned fruit like cherries or mixed berries
- 150g plain flour
- 75g lower-fat spread
- 30g porridge oats
- 1 tablespoon demerara or granulated sugar
- 12 tablespoons low-fat, lower-sugar plain yoghurt, to serve.

#### Optional ingredients

- Few drops of vanilla essence

#### Method

1. Preheat the oven to 180C/fan oven 160C/gas mark 4.
2. Put the tinned or frozen fruits into a baking dish (there's no need to thaw the frozen fruits).
3. Put the flour into a large mixing bowl and add the lower-fat spread, rubbing it in with your fingertips until the mixture looks like fine breadcrumbs. Stir in the porridge oats and sugar.
4. Sprinkle the crumble topping evenly over the fruit. Place the dish on a baking tray and bake for 30 to 35 minutes. Serve with 2 tablespoons of yoghurt per person.

Try adding a few drops of vanilla essence to the yoghurt to add some more flavour.

#### Per serving:

1,059kJ / 252kcal  
6.2g protein  
35.6g carbohydrate of which 12.9g sugars  
8.8g fat of which 2.2g saturates  
2.9g fibre  
120mg sodium equivalent to 0.3g salt

For more healthy ideas sign up at [www.healthysteps.uk](http://www.healthysteps.uk) or scan the QR code below



Have a go at making this delicious and healthier version of Cherry Berry Crumble, as a family!

Better Health  
Let's do this

NHS



Want your family to be healthier and happier without spending a fortune? Step this way...

Are you worried about your family's sugar intake? Or finding it hard to eat well on a budget? Maybe you're struggling to get the kids to eat their fruit and veg?

Healthy Steps helps families take small steps to improve their health and wellbeing.

Take our quiz, and sign up to receive tailored weekly emails giving you easy and practical ways for the whole family to eat better and move more.

To make sure the information is right for you, the programme starts with a quiz which helps you decide which topic – reducing sugar, 5 a day, or meal planning – is most relevant.

### Small steps that add up

Healthy Steps is perfect for you if you have primary school-age children. So whether it's cutting back sugar, being better at meal planning or hitting your 5 a day, we have an eight-week programme to support you. You'll get simple tips from nutrition experts and other parents, Disney themed games and budget-friendly recipes delivered weekly to your inbox.

### Take your first step today

Sign up at [www.healthysteps.uk](http://www.healthysteps.uk)  
Or scan the QR code below





## Farewell and thank you

We'd like to thank Kaavya (6K) and Freya (6B) for all the effort they have put into their roles as Well-being Warriors, this year. Dedication, compassion and empathy are just some of the traits that they have demonstrated. They have provided a listening ear to their classroom peers as well as the younger children.

Freya and Kaavya have been fantastic role models - they've lead initiatives and guided the younger Well-being Warriors. We'd like to wish them all the best in their new chapter in Year 7 - we know you will continue to provide great listening ears to your peers.

Have a listen of their reflections:


[Well-being Warriors](#)  
[Y6 Leavers](#)



[Go to this Sway](#)







Look out for our  
autumn issue  
next term!

MRS PINDOLIA (MENTAL HEALTH LEAD)  
AND THE WELL-BEING WARRIORS