



## Healthy Schools London Gold Award



KAPSH has earned the Healthy Schools London Gold Award!

Over the past two years, we have been planning and rolling out new initiatives to support all children across the school with their mental health. Pupils were given opportunities to share their thoughts during surveys and discussions, which formed the foundation of our areas of focus.

The Well-being Warriors have reflected upon the purpose of each initiative:

- Playground Games
- Worry Box
- Bags of Happiness
- Mental Health Newsletter
- Mental Health Awareness
- Fitness Friday
- Well-being Warriors
- Anti-Cyberbullying Workshops

Please flick through the photos to find out more.

## MAYOR OF LONDON

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Awarded to:

**Krishna Avanti Primary School**

Date:

May 2024

For your outstanding contribution to  
improve wellbeing in your school

A handwritten signature in black ink, appearing to read "Sadiq Khan".

**Sadiq Khan**  
Mayor of London



## Playground Games

Teachers are now getting involved in kids games and kids are starting to play the Wellbeing's warrior's games. People are playing games such as cricket, skipping, changes and other fitness games.

If you bored or lonely choose a game from the Wellbeing warrior books.

## Worry Box

We had a councillor called Monika who told us about the worry box and if we ever wanted to talk to someone we could book an appointment with Monika. The Worry Box helped the teachers dealing with issues that they never knew about. This helped by telling how to solve an issue without causing fights.



## Bags of Happiness

~~the~~ molly  
Rose foundation came in  
and we filled ~~bags~~ with happy  
thoughts and when we were sad  
we would look at the thoughts  
~~and~~ we would cheer up. if you  
are down remember there is  
always something to be  
happy about

## Mental Health Newsletter

Each term,  
Mrs Pindolia and the  
Well-being Warriors work  
together to create a newsletter.  
The newsletter focuses on tips to  
promote a positive mental health  
and tips and updates about the  
wonderful events we have  
had at school.



## Mental Health Awareness

In Fitness Friday..

We encourage Year 5 and 6 girls to get active. To get active this week we were working on stamina of running and we focus on other activities too like gymnastics and to make things <sup>more</sup> fun we add in games like duck, duck, goose. We had decided to do this because we saw girls not being part of games like football.

Volinda

we  
ow in

## Fitness Friday

We had Mental health assemblies ~~assemblies~~ telling us how to take care of ourselves and make us happy. We also had mental health week to raise awareness and did some activities eg: mindful colouring. We had a Mindful Meditation session to help cope with SATS. Our PSHE lessons are about mental health and relationships and our physical health too.



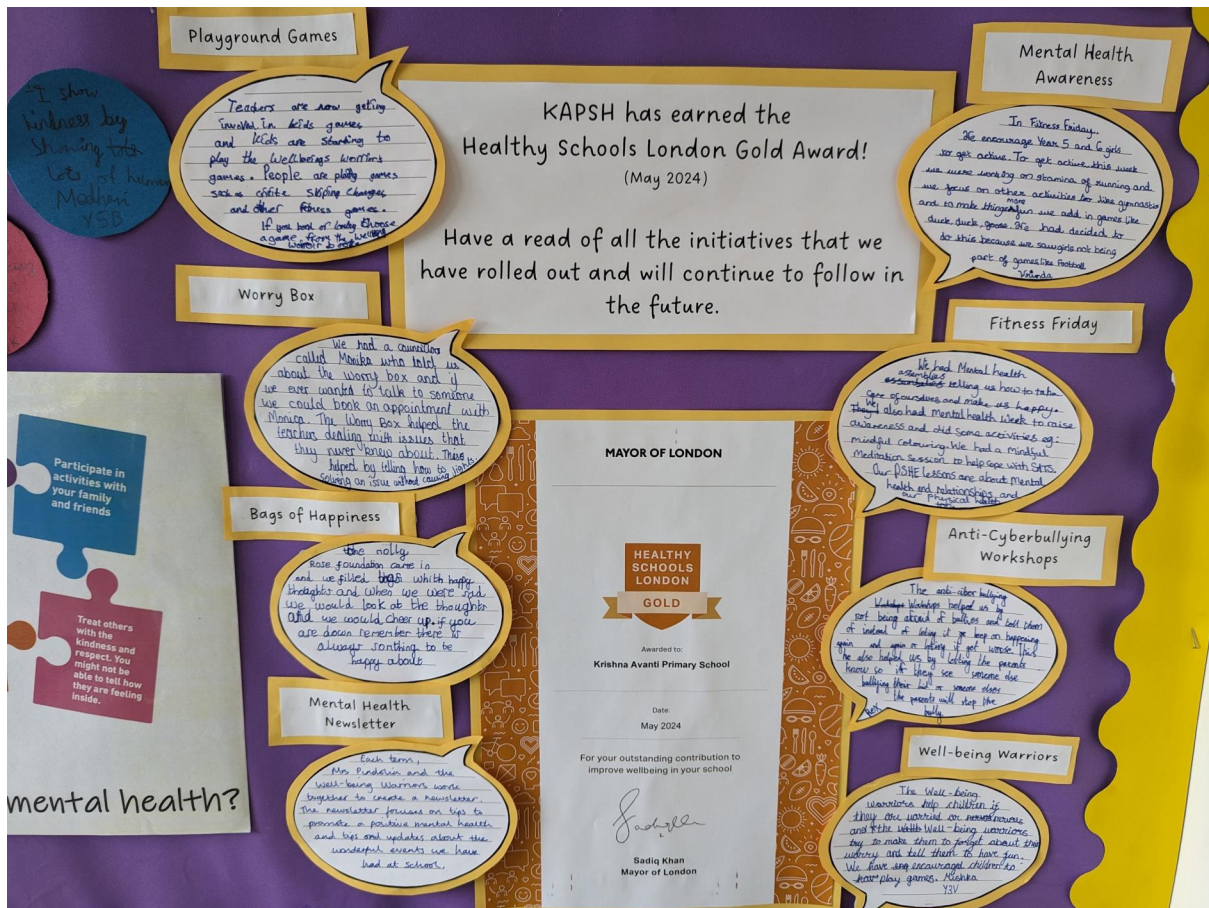
## Well-being Warriors

The Well-being warriors help children if they are worried or ~~scared~~ nervous and the Well-being warriors try to make them to forget about their worry and tell them to have fun. We have ~~now~~ encouraged children to ~~not~~ play games. Mishka  
Y3V

## Anti-Cyberbullying Workshops

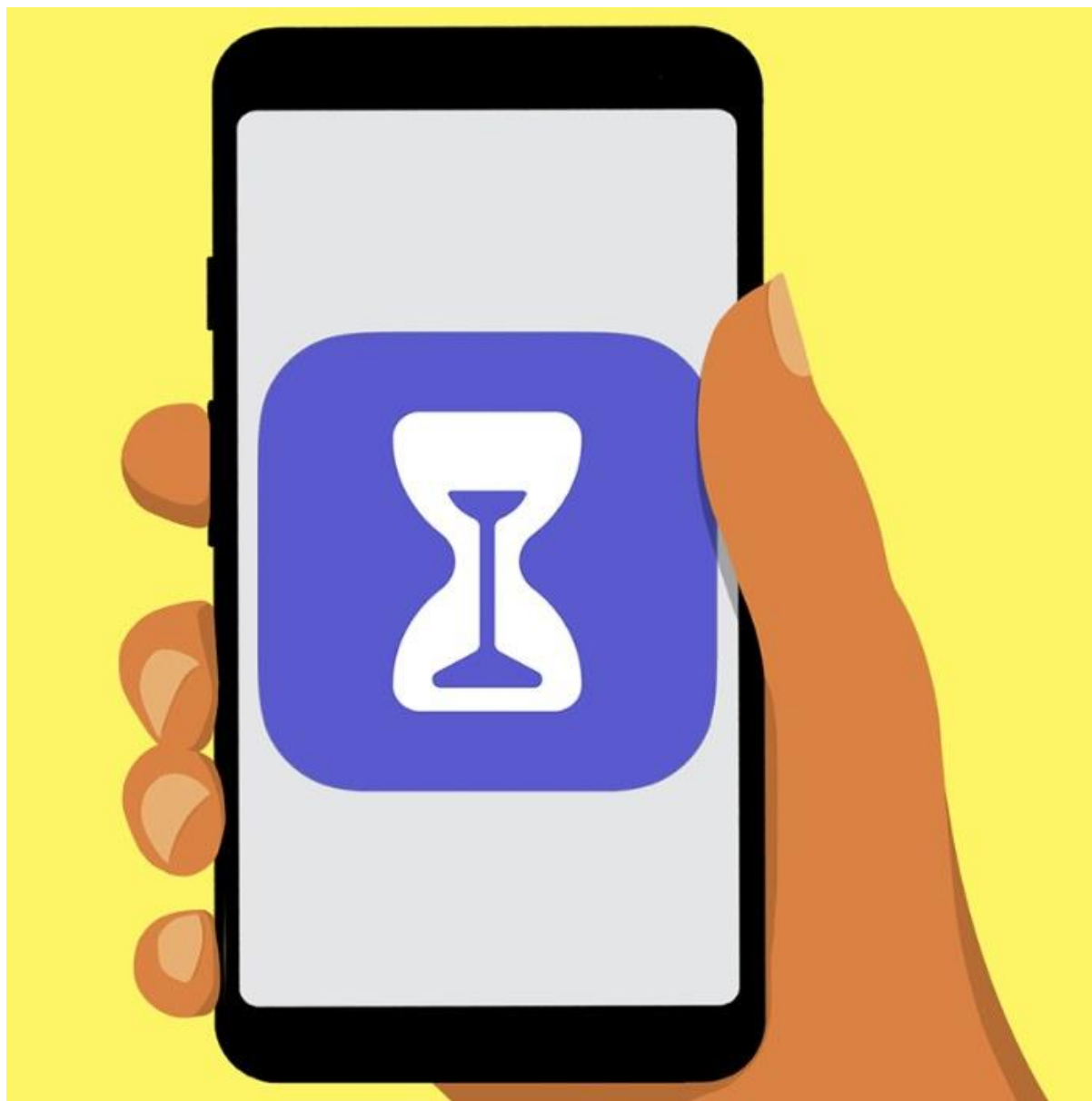
The anti-cyber bullying Workshops Workshops helped us by not being afraid of bullies and tell them of instead of letting it go keep on happening again and again or letting it get worse. This he also helped us by letting the parents know so if they see someone else bullying their kid or someone else's the parents will stop the bully.  
Rex







## Balancing screen time over the holidays – advice for parents and carers



Summer break – that wonderful time when your family has a break from the usual routine and when you and your children have the opportunity to slow down, reconnect, and explore! One of the greatest challenges parents and carers face over the summer holidays is in balancing screen time with outdoor and offline activities.

The summer holidays also offer families a chance to talk about their device habits in new ways, with more time to explore and listen to each other. Children and young people can open up and share the fun things that they are able to do online, and parents can have a better understanding of the ways technology can educate, inform, and engage their children. Be it gaming, photography, film-making, or social networking, these six weeks can be a perfect time to better understand the things your child is doing.

Explaining that balancing screen time is about moderation and self-regulation is an important distinction to make and the summer holidays give you the perfect opportunity to put this into action.



### **Tips for balancing screen time**

Here are some summer holiday tips from [safeinternet.org](https://www.safeinternet.org) to help your family achieve that balance:

- Have a conversation about summer activities you are planning as a family.
- Create a plan as a family of days out, daily summer routines and ensure every family member gets to pick one activity for the whole family to do together.
- Agree to limits together so that your child knows when they are expected to turn their video game or device off.
- Invite friends or family members over for outdoor play or outings.
- Create a challenge to learn something new: an outdoor skill or hobby.
- Re-introduce board games, card play or toys to your family.
- Remember that late nights can be fun, but good quality sleep is essential.
- Watch a TV or online series together and agree limits so that binge-watching is reduced.

Time spent online can be a great opportunity for being creative, for learning new things and connecting with family and friends. If you want to encourage quality screen time rather than mindless scrolling, we have some tips that you might find useful:

### **Tips for quality screen time:**

- Consider a family summer agreement on tech use.
- Play online games with your child and ask them about the strategy or why they like the game.



- Do some online research about a topic that interests you.
- Watch a movie together and discuss what's happening, what you did or didn't like.
- Download apps that encourage you and your family to be healthier or enjoy time outdoors (e.g. fitness, treasure hunts and birdwatching).



## Road Safety Workshops - Years 1 - 6



Children across Years 1-6 participated in an informative and interactive workshop, which focused on the importance of Road Safety. The green man and the red man from the traffic lights came to life in our school hall! They taught us about the Green Cross Road and we explored safe places to cross.

We identified ways to keep safe, such as wearing a high-vis jacket, holding our parent or carer's hands and not wearing headphones or earphones whilst we are crossing roads!

It would be disastrous if the green or red men took a day off from their traffic light duty - we need to see both to keep us safe.









## Recycling Workshops - Years 4 and 5



Years 4 and 5 participated in Recycling Workshops, which were led by the recycling team from Harrow Council. They brought in various waste products and we carefully thought about which colour bin we need to put them in, in order to recycle correctly. Did you know, each borough has a different system and often the different coloured bins represent different things?

Which colour bin do you put your recycling into?

We also discussed the importance of recycling our waste from food. Food waste that is collected in your brown bin is turned into fertiliser and energy which is better for the environment.

As well as the environmental benefits, using your food waste bin can help save you money. The average household throws away £480 worth of food a year, and this is even higher for families with children. By using your food waste container, you'll be able to see how much and what types of food you and your family are throwing away and know where you can make changes to your shopping list and save money on your grocery bill!









## Consent Workshops - Years 5 and 6



It's not OK, it's private!

During the Consent Workshops, Year 5 children dived deeper into the meaning of the acronym from NSPCC - **PANTS**.

**P** - Privates are private.

**A** - Always remember your body belongs to you.

**N** - No means no.

**T** - Tell a trusted adult.

**S** - Speak up, someone can help.

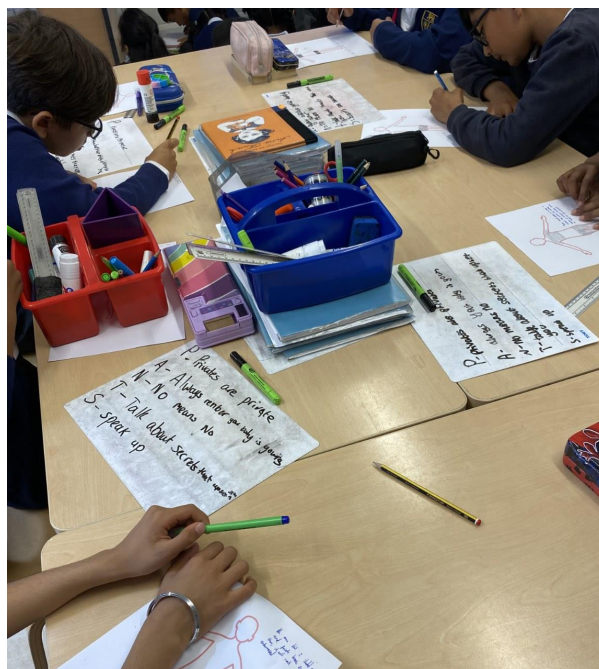
We also learnt more about the feelings people have when they don't have their personal body space such as feeling uncomfortable next to people who they don't know, feeling scared etc. This is known as the 'oh oh' feeling as it can make people feel uncomfortable.

Moreover, we learnt how we have different relationships with people and we experimented by pairing up and stepping into each others' personal boundaries. It was interesting seeing our comfort zone level.

We also explored different scenarios and concluded that as we are going through changes in our body, we are able to respect each other and help each other to deal with these changes without hurting each other's feelings.

If you need to talk to someone about someone breaking your consent, you can call childline on: 0800 1111.

*Written by Vrinda and Aditi, Year 5 Well-being Warriors*







LOOK OUT FOR OUR  
AUTUMN ISSUE  
NEXT TERM!

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

