



Villa Real School
together we achieve



Wellbeing Newsletter December 2023



Please speak to Natalie Fitzpatrick or Emma Baker, Villa Real School's Mental Health and Wellbeing Team if you have any wellbeing issues or suggestions.

Wellbeing Wizards and Warriors are promoting the 5 ways of wellbeing in class.



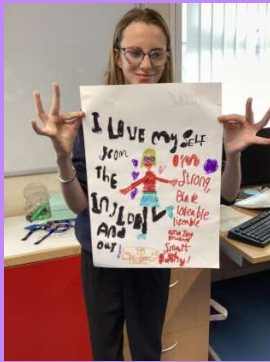
Wellbeing in school : Autumn Term

Students took part in anti – bullying week, we showed our support by wearing odd socks. Students designed posters to promote being a good friend and showing kindness to everyone.



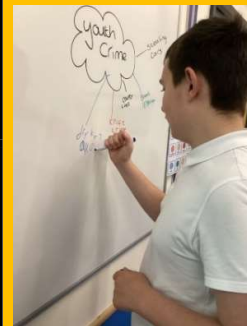
Girls group

In girls group this term we designed our own self esteem posters to enter Dove's self-esteem competition.

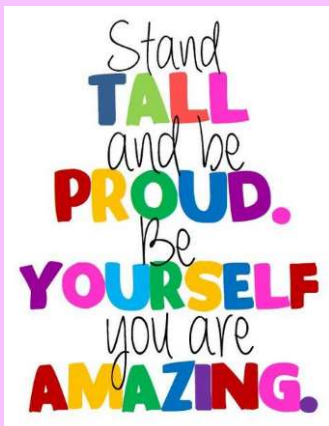


Kidsafe

This term in Kidsafe we have been learning about youth crimes and how these effect our community.



Quote of the month



PSHCE



Tara is one of our play leaders who helps her friends, during playtime, play games and activities. Tara really enjoys this role.