

Newsletter 2 Balliol Parent and Family Wellbeing

The Change Team



Wellbeing at Balliol

Wellbeing at Balliol is held at the core of all our values. We strive to promote positive mental health and wellbeing for all our staff, pupils, parents and stakeholders. We recognise the needs and demands in school are ever changing and are committed to responding to these to ensure the best support for all. We have decided to use the Wellbeing Award as a vehicle to drive this support.

Feedback from Parent Questionnaires

Thank you to everyone who completed the Wellbeing Support for Parents questionnaire. This questionnaire was sent out to parents to identify the existing needs of our parent body and for us to plan next steps. Please see below the results from the 22 responses we received. The most requested support was:

- 13 parents would like support sessions around how we teach subjects in school (e.g. Maths/Phonics)
- 11 parents would like parent/child groups with a particular focus (sharing books/art etc.)
- The majority of parents would prefer these activities to take place after school
- 50% of parents who responded would only attend if the workshops could run in person

Next Steps...

- Plan out parental workshops once current restrictions allow
- Continue regular parental updates via newsletters
- Recruit parents to join PTA and Governing Body
- Organise a community project for parents, pupils and members of our local community.

If you would like to become more involved in any of the above projects, please contact office@balliolschool.co.uk

Keep in touch ...

Please join our Balliol Primary group and ensure you have our school App (Primary Site School APP) on your phone to keep up with regular updates and news.



Facebook



Selfcare summer

Please look out for a booklet that your child will be bringing home. For the summer. Inside are lots of activities and useful links for your child to complete over the summer holidays. It encourages the children to take time to care for themselves and their own mental health and wellbeing.

Fun things to do over the holidays (many are free) ...

Here are some great places to visit. Check out the websites for each one for more info. Also check out the local websites for further ideas as there are lots of others but cost more.

www.dayoutwiththekids.co.uk

www.miltonkeyneskids.com

Mowsbury Park, Wentworth Drive Putnoe

Large grass areas, tennis courts, sandy park area with play equipment. Wooded area with footpaths and free parking.

Amphill Park, Woburn Rd, Amphill

Large wooded grass park, lots of hills, trees to scramble on and areas to build dens. Large play park, tennis courts, café, plenty of free parking

Houghton House

Situated on the top of Amphill Hill, this is an old ruined mansion in a grassy surround overlooking Bedford and Kempston. Beautiful views. Fantastic place for picnics and hide and seek games

Harrold Country Park

Large lake with buggy friendly path surrounding it. Picnic and grass areas to play. Enclosed climbing area. Skate park, café toilets parking (voluntary donations).

Emberton Park, Olney

Parking areas situated in the park. Lakes, grassy areas and nature walks, several kids areas with swings slides etc

Campsite, Fishing (day ticket as you go in) Great for BBQ and games

Stanwick Lakes (between Wellingborough and Thrapston)

Amazing adventure parks, water areas and sandy play areas, nature trails, assault courses, Cafes, toilets, parking (small charge).

Willen Lake, Milton Keynes

Lakes, grassy areas for picnics, adventures parks, buggy proof. Pathways great for scooters and bikes.

Salcey Forest (between MK and Northampton)

Great tree top walks

Stevington Windmill (close to Bromham) Free parking. Good walks around the mill and great for picnics. Check website for opportunities to go inside the Windmill.

Cecil Higgins Museum Bedford castle Lane

Splash Park Leighton Buzzard – Free

The fairy Garden, Bromham Mill– Free

Bedford Park – Adventure Park, spacious grassy areas, basket ball area, café, parking.

Russell Park Bedford embankment, large adventure Park, large grassy areas, adjacent to the river.

Bedford River – checkout water activities

Priory Marina – grassy areas, woods, café, nature trails, water sports

The Danish Camp Willington Beds

Woods - Woburn Woods, Chicksands woods

Cherry Hinton Hall Park – Fantastic large park – Free.

Water play areas and splash pads – open from 19th July, park, tennis

If you have any further ideas about how to develop positive mental health and wellbeing, at Balliol or further support you would like to receive please do share these with one of the members of the Change Team.