



10th March 2022

Dear parents and carers,

As you are aware, at Streatley, we believe in supporting children to be 'Happy, Healthy Humans' and as a result, we have a strong focus on the wellbeing of our children. We provide them with some great opportunities to experience the world around them, in a whole variety of ways, from learning outdoors, reading their favourite texts, running the Daily Mile, and sharing and celebrating their talents or loves with one another.

Further to this, you may have noticed that your child has a new 'Wellbeing Passport' in amongst their belongings. This free resource from West Berkshire has been introduced in Year 5/6 with some time dedicated in class to discussing our wellbeing and how we can keep it topped up with happiness. These passports have been allocated for children to peruse and use at their leisure alongside some time as a group to share our progress and discuss any of the challenges we have enjoyed.

Please feel free to ask your child to share their passport with you and have a good look through at all the wonderfully simple activities it holds. You'll notice 5 different colours and symbols are used to highlight each of the 'five ways to wellbeing' that we are focusing on. I also urge you to join in! You can design your own egg character! ☺

So far, the children have been incredible excited and engaged in the activities and supporting their own wellbeing during our in-class sessions which has been wonderful to see. We will continue to use this in and out of school throughout the rest of the school year to ensure the children take ownership of their wellbeing and are armed with knowledge to support themselves and others.

Our aim is to develop the Year 5/6 children into Wellbeing Ambassadors who will support children across the school and lead in delivering wellbeing sessions with groups of younger children.

Attached is a letter from the West Berkshire Health and Wellbeing Team who add a little more detailed explanation to the thinking behind the creation and use of the passport for children in Year 5/6.

If you have any questions, comments or offers of ways you can help to support our children with any of these activities, please let me know through Parent mail.

Yours sincerely,

Mr. White

The West Berkshire Wellbeing passport was created and designed to help provide ideas and activities to young people to promote and encourage increased physical activity as well as helping young people learn about the importance of their wellbeing. This is extremely relevant and important after a long period of lockdowns and restrictions.

With thanks to The West Berkshire School Sport Network and West Berkshire Council, your child has received their own wellbeing passport to complete throughout the year. Activities fall within the Public Health's "Five ways to wellbeing" with an aim to complete at least one of these themes each week. At the end of each half term, your child is encouraged to record their physical activity within the activity barometer (eg p.14) as well as recording their healthy eating choices through the eat a rainbow section (p.15).

According to the latest Chief Medical Officers report the Government recommends that every child is active for at least 60 minutes every day. The barometer has been created so that if they achieve this 60 minute a day target they will manage to fill their physical activity barometer each half term.

Activities are designed to be fun and interactive and we welcome family and friends to actively encourage and take part in as many activities as possible. Activities whilst can be physically active also include other important elements to wellbeing including learning around the importance of sleep, social skills and making new friends, diet and nutrition, water safety as well as helping nature and the environment.

The passport has been funded through West Berkshire Council Public Health and Wellbeing team with over 5000 passports being given to every child in Year 5-6. I am hopeful that your child will enjoy the passport and manage to take on as many challenges and activities as possible. It is designed to be fun, informative and used as much as possible at school and at home and would welcome family members to actively engage and take an interest in all the activities so please feel free to join in with your child completing as much as possible. I hope you find the passport valuable and look forward to receiving feedback from those who complete it with the view there can be more opportunities like this in the future.

Yours sincerely

James Mandry

West Berkshire School Sport Network
Park House School

Nikki Davies

Health and Wellbeing in Schools Programme
West Berkshire Council