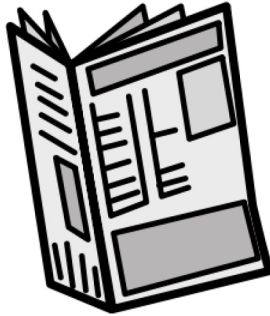
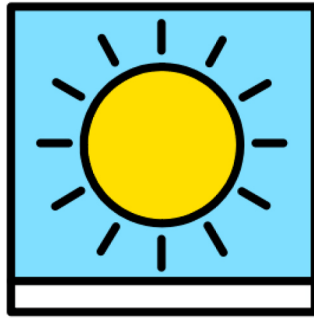
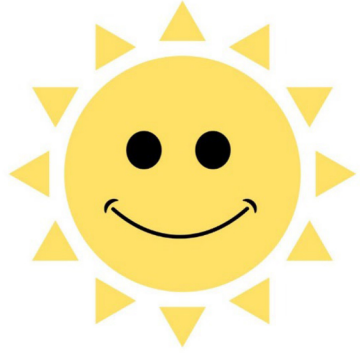




Charlton Park Academy

SUNSHINE DAY NEWS

Issue 2: Being kind and respectful



Sunshine Day News is a wellbeing newsletter for students by students.

The Student Wellbeing Champions all agree that they would like to help everyone to remember to be kind, help and respect each other and to always be yourself.



kind



help



respect



myself

What is wellbeing?

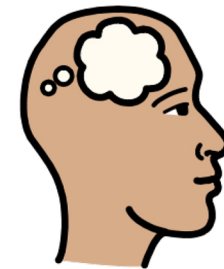
Wellbeing is how we are doing and how we feel everyday about our lives. We can look after our wellbeing by looking after our physical, emotional, mental, and social health.



Physical



Emotional



Mental

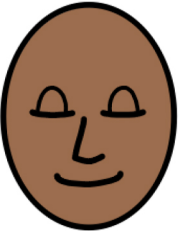
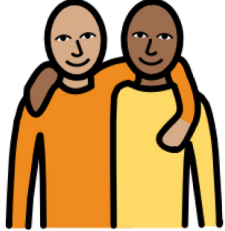
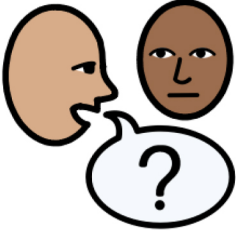
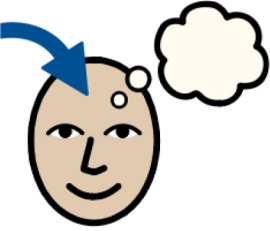


Social

We can do this by:

- Eating healthy food
- Get a good night sleep.
- Taking regular exercise.
- Taking time to be calm.
- Being yourself.
- Spending time with friends and family.
- Being kind to ourselves and others
- Asking for help if you need it.
- Learning something new.

We can look after our wellbeing by doing these things:

 Eat healthy food	 Get a good night's sleep	 Take regular exercise
 Take time to be calm	 Be yourself	 Spend time with your friends and family
 Be kind	 Ask for help if you need it	 Learn something new

Welcome to issue 2! We hoped you enjoyed our first newsletter and all the extra's on the website if you followed the QR code. We were proud of what we achieved and hope you enjoy this edition just as much.



Respect



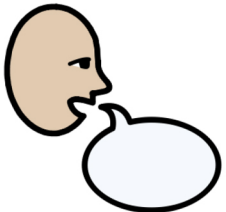
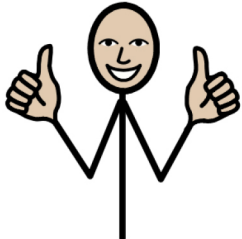
Kindness

In this issue of Sunshine Day News, we are thinking about being kind and respectful to other people, our environment and to ourselves.

Being kind makes the places we are in happier places to be. It makes the people we are with feel good, and the places we use look nice so we can enjoy being in them. Being kind and respectful to others and our environment can help us to feel happy and positive too.

Sometimes it is hard to be kind to ourselves, especially if we make a mistake or make the wrong choice. If this happens it is good to listen to what peoples around you are saying, it will help. Try and be kind to yourself, we all make mistakes sometimes.

Ways we can be kind and respectful to others:

	Say something nice about someone for example "I like your hair like that" or "I like your trainers".
	Offer to help someone, for example, do they need some help with a job that they are doing or can you help carry something.
	Say "Please" and "Thank you."
	Smile at someone.
	Encourage someone if they are finding it tricky. "You can do it!"

The Student Wellbeing Champions

The Student Wellbeing Champions is a group of students, who have volunteered to be part of this important team. We meet every Wednesday to talk about how we can support other students with wellbeing.

We thought it would be nice for you to get to know us, so we asked each other a question:

What are your interests outside school?

Pese - I go to drama every Saturday, and Youth club most weeks in Thamesmead. At home I like playing on my phone and listening to music and doing sports, I like reading, I like cleaning, I like doing work.

Felicity – I go football training, Guides, Swimming, and meeting my friends in the park. I also like chilling!!

Regan – I like going on my phone and laptop on the internet and playing games and watching films.

Kristian – I going to the arcades and playing video games and I enjoy watching movies with my family.

If you have a question to get to know CPA's Student Wellbeing Champions, please email Claire Henning

(chenning@charltonparkacademy.co.uk)

Showing Respect and Kindness

We would like to share ways that we are kind and show respect.

Pese – I always say good morning to everyone, I can remember people's birthday, I give people a chance to do something, I like listening, I like helping people. I like cleaning the house.

Felicity – I help my friends in class, I help to do the washing up with my mum.

Regan – I like to listen when people when they are talking. At home I help hovering around the home.

Kristian – I like to help everyone. I help my mum with the children at home.

Being Kind and showing respect, the film!

The Wellbeing Champions planned and made a film of being kind and respectful to others. The students acting did a brilliant job, remember Kristian is a kind and respectful young man, he is also a great actor!



Being kind and respecting our environment.

We are lucky to have our school so close to parks and green spaces and we think it is important to look after them. 5 ways we can look after our environment:



Put your rubbish in the bin. If you can't find a bin take it home and put it in the bin.

Recycle your rubbish. If you have clothes, toys or books you don't want anymore you could give them to someone who could use them or take them to a charity shop.



Don't pick the flowers. Flowers are beautiful, if you see a flower in the park or on a walk, don't pick it leave it for someone else to enjoy.

If you are lucky enough to have a space where you can look after wildlife you can feed the birds, grow plants for the bees and the butterflies. Don't forget to leave them some water too.



There are some great ideas of things to make and do on the WWT website:



Thank you for being a
**SCHOOL
FOR NATURE**

Awarded to
Charlton Park Academy

By making your school a little wilder,
you are helping to bring back nature.

David Attenborough
Sir David Attenborough

SAVE OUR
WILD ISLES



Schools for Nature Certificate

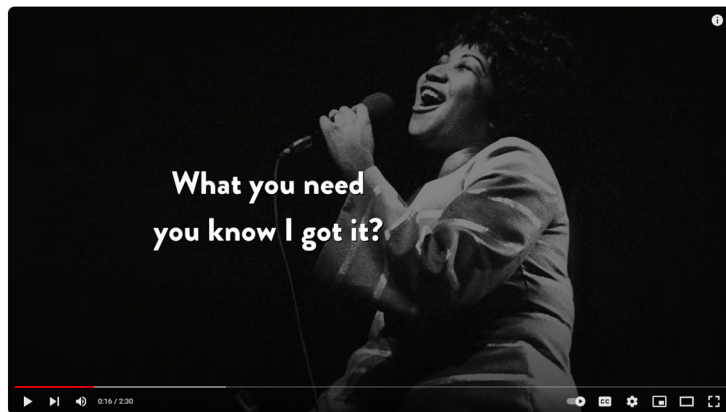
Over the last academic year, we have shown how much we care about nature and wildlife and thanks to Bryher's support we have been awarded the Schools for Nature certificate, signed by Sir David Attenborough, to say thank you for helping nature.

Well done everyone!

Take some time to sing and dance to a song, listen to a story, meditate, or watch a YouTube video.

If you have any suggestions, of songs, stories, or videos to help with our wellbeing, please let us know and we can share them in our newsletter in the future.

A song to sing along and move to:



Aretha Franklin - Respect (Official Lyric Video)

A story recommendation:



Lost and Found By Oliver Jeffers I Read Aloud

Here's a relaxing YouTube video: Take some time to enjoy the wildlife around Great Britain.

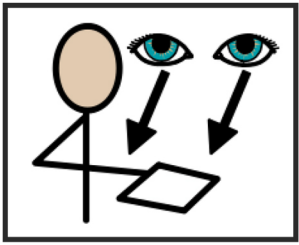


Unwind with 20 minutes in nature | Springwatch - BBC

Let's chat! Take some time to sit with a member of your family or a friend and think about some of the questions below.



- What do you like about meeting new people?
- What is the one thing you love doing that makes you the happiest?
- What is the best thing that happened to you today?
- Why do you think it is important to be kind?



Respect

R



respect

e



everyone

s

so

p



people

e



enjoy

c



caring

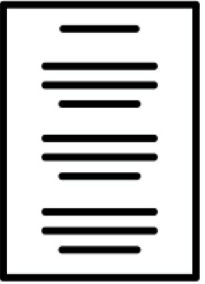
t



together

Poem

The Little Things' By Margaret Lindsey



The little things are most worthwhile
A quiet word, a look, a smile,
A listening ear that's quick to share
Another's thoughts, another's care...
Though sometimes they may seem quite small,
These little things mean most of all.

Useful Websites

[Wellbeing - Charlton Park Academy](#)

[Kooth](#)

[Headscape](#)

[YoungMinds](#)

Pese would like you to all know about Young Greenwich, he enjoys his time at the youth club and said they are all kind and helpful. Please take a look and see if it might be for you!

www.young-Greenwich.org.uk