

MENU OF OPPORTUNITIES ACTIVITY & INTERVENTIONS PILOT OPPORTUNITIES

Schools
**Health &
Wellbeing**
Service

Cycle Partnership

The Cycle Partnership will provide an exciting one hour taster session of cycling skills over an obstacle course in your schools playground. This opportunity is for children in Year 1-6, their ratios are 2 members of staff to 12 pupils.



Forest Adventurers



Forest Adventurers is a local organisation based in Ryton. This workshop provides the opportunity for any 1 class from your school to access a half day of exciting Forest School Activities at their site in Ryton.

During our sessions children can have opportunities to make fires, toast marshmallows, use hammocks, slack lines and zip wires, climb trees, be creative in the mud kitchen, den build, use a variety of tools, make outdoor crafts and have opportunities explore and to lead their own learning.

Fun Little Foodies

Fun Little Foodies delivers a 'hands on' experience of learning basic cooking skills, exploring new flavours and foods and learning about where food comes from. Their workshops promote healthy eating habits, independence and problem solving skills. This is a half day opportunity for 1 class Years 3-6.



Healthy Bodies, Happy Minds!

This is an opportunity for schools to access a full day of workshops for years 3-6 with focuses on healthy habits, physical and mental activity and positive body imagery. The session aims to shift the narrative away from viewing health solely as appearance, helping children to develop a positive outlook on their wellbeing. Schools will also receive resources, help, hints and tips for parents and guardians to take home and work on with their children.



The Worry Wizard



The Worry Wizard is a company who host an interactive online portal as well as workshop days in schools. The pilot opportunity gives schools access to the online portal for the day as well as a workshop. The various workshops include "From worries to wellbeing", "I've got the magic in me", "Here for you", to name a few. Workshop days can also include a full school

assembly (specific workshops vary in terms of age). The online portal can be accessed by the whole school and includes lesson plans, resources, videos, stories, animations, as well as a wide range of videos on YouTube.

The Mental Shift

The Mental Shift can offer 1 hour workshops for classes (suitable for KS2) with focuses on emotions & feelings, school transition, bullying, being kind and anger management. There is also a CPD opportunity for school staff and parents through a 1hr lecture on supporting and managing wellbeing. The Mental Shift can also provide Muay-Thai after school clubs which include weekly 1hr classes for 30 pupils.



Live Well North East

Live Well North East will deliver a central Staff CPD based on supporting student's Emotional Resilience and Wellbeing.

This workshop will cover:

- Exploring Emotional Resilience
- Growth Mindset
- Facilitating good communication
- Understanding where to access support
- Working together to find solutions
- Celebrating positives
- Mindfulness

The workshop will be interactive and have practical activities.

