

# BEDELSFORD NEWSLETTER

EDITION 16

12.11.21

## IMPORTANT DATES & INFORMATION

**SEMHC WELLBEING  
WEEK 15.11.21-19.11.21**

**PARENT WEEK  
22.11.21-19.11.21  
PARENT EVENING  
24<sup>TH</sup> NOVEMBER 2021**

**BEDELSFORD SCHOOL  
CURRENTLY HAS 2  
RECORDED COVID-19  
CASES 12.11.21**

## MESSAGE FROM JULIA JAMES- PRINCIPAL

Hi All,

Firstly, we would just like to say a massive well done to all of our students for their stunning efforts for our Remembrance assembly on Thursday. Our classes zoomed in to the main hall to pay their respects, see their wonderful artwork on display and join in in what was a beautiful ceremony.

In this edition, you will all find out a little bit more information about some of the plans that we have to support with wellbeing across our site, as we prepare for 'wellbeing week' for pupils and staff at Bedelsford School next week. We have some fantastic events occurring, such as the Bollywood dance workshop and the visit of some of the very special sensory horses (and lots more). There is also some exciting news about the introduction of the sports sanctuaries venture across Bedelsford.

We are very excited to show you all of the lovely pictures in next week's edition. You do not want to miss it!

## 'REMEMBRANCE DAY 11.11.2021'

Here are a few pictures of some of the incredible contributions to the occasion from our pupils.



## 'SPORTS SANCTUARIES'

### WHAT IS A SPORT SANCTUARY?

Sport Sanctuaries are places or activities that are intentionally designed to use physical movement as a way of calming, replenishing or reawakening the senses, generating positive engagement and wellbeing.

At Bedelsford, we are planning to have various stations around the school (indoor and outdoor) where pupils can participate in a short physical activity. The main aim of a station is to support children's mental and physical wellbeing, as well as a place to support self-regulation.

So far we have held 2 staff training sessions about sports sanctuaries. Each class is going to design and resource a station in an area around the school. The next steps are organising with our Site team to assess where we will be able to install these stations.

The wheels are in motion and we are looking forward to sharing our updates with you all very soon!



## 'OFF-SITE ACTIVITIES'

Some of our pupils have just started attending the Hurst swimming pool in West Molesey and as you can see, they are having great fun.

