

Chaigeley School

NEWSLETTER



Therapeutic Support for Parents & Carers

Moving Our Bodies at Chaigeley School

We have a scheduled football matches in house teams this week where the staff and children play and move together.

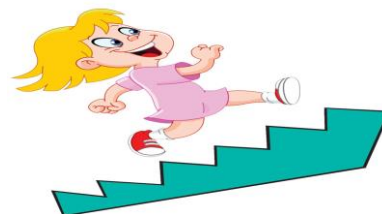
We have the forest school where the activities are based around building, making fires to cook marshmallows on, making swings together lots of fun outside and moving our bodies.

We have an out -door gym apparatus where the pupils can do exercise activities such as rowing, seated weight and strength exercises.

We have an indoor gym that is used by the pupils in the day and the staff can use at the end of the day. This has an exercise bike, running machine, multi- gym and weights, rowing machine and also a boxing bag.

We have large grassed areas around school that can be used to play, do motional based activities, sensory breaks and for walking around which often children and staff do together. There is so much space to walk and with the trees and smells of nature it can be a good way to move your body and your mind!

During Mental Health week at Juniper Therapy



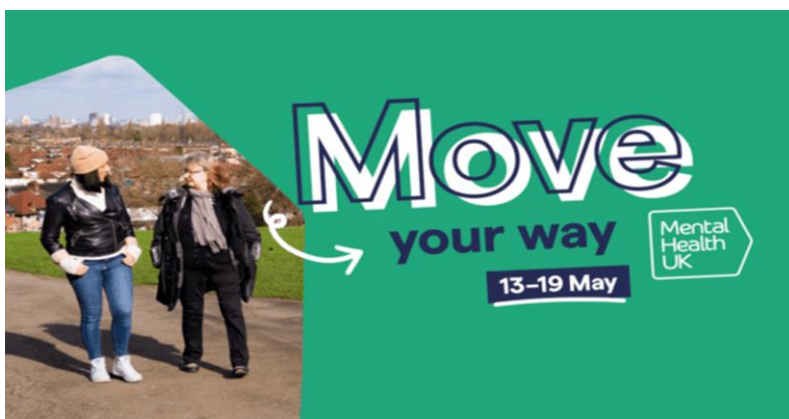
We are going to try our best to move our bodies by using the stairs to and from Juniper as much as we can. There are 3 flights of stairs so this is definitely a challenge for us all. So instead of using our phones to call the office or speak to someone we are going to use the stairs and up our movement for this week.

What are you going to do to 'Move Your way?'



Mental Health Awareness week 13th-19th May 2024

This year the mental health foundation focus is 'MOVEMENT.' It's about moving for your mental health finding something that moves not only your body but also your mind. It doesn't have to cost a lot or take up a lot of time, it's about you doing something that gets your body moving that you can enjoy and feel good doing. Whether is taking part in a sporting activity, dancing in your kitchen , walking your dog, walking with friends or family, taking the stairs at work, getting off the bus stop a stop earlier, giving your house a spring clean or sorting your garden out for the Summer...you move in your way.



Please email us any questions/feedback that you may have to help support you and your family;

therapy@chaigeleyschool.org

See our Twitter page for more info, news and activity ideas;

[@TChaigeley](https://twitter.com/TChaigeley)