



WELLBEING WEEK 2024

Shinefest

CARR JUNIOR SCHOOL

2024
GUIDEBOOK



Dear Parents and Carers,

I am writing to tell you all about Wellbeing week, also known as ShineFest 2024. ShineFest will take place the week beginning 8th July and each day will focus on one of the 5 ways to wellbeing. So here is how the week will look.

Monday 8th July will focus on Connect. There is strong evidence that indicates that feeling close to, and valued by, other people is a fundamental human need and one that contributes to functioning well in the world. It's clear that social relationships are critical for promoting wellbeing and for acting as a buffer against mental ill health for people of all ages. With this in mind, we will be trying different things today and making connections.

Connect

Children will take part in a variety of activities during the day. Please could all children come in PE kit. Children will participate in all the activities below.

- Yoga
- Dance
- Forest schools.
- You are invited to join your child at Bookend Cottage to enjoy a book together. Due to class sizes this can only be 1 adult per child, this could be yourself or a family member.

<u>4CC</u> 9.00am - 9.30am	<u>6F</u> 1.10pm - 1.40pm
<u>5M</u> 9.35am - 10.05am	<u>3H</u> - 1.45pm - 2.15pm
<u>5J</u> 10.10am - 10.40am	<u>3P</u> - 2.15pm - 2.45pm
<u>5H</u> 11.00am - 11.30am	<u>4A</u> - 2.45pm - 3.10pm
<u>6MW</u> 11.35am - 12.05pm	

- The day will end with family bingo in the hall 3.30pm - 4.30pm. All are welcome and there are some fantastic prizes. Please see the leaflet included for more information.

Tuesday 9th July will focus on Keeping Learning. Continued learning through life enhances self-esteem and encourages social interaction and a more active life. Anecdotal evidence suggests that the opportunity to engage in work or educational activities particularly helps to lift older people out of depression. The practice of setting goals has been strongly associated with higher levels of wellbeing.

Keep Learning

We will be trying new things on this day. Children will move around a carousel of activities throughout the day. Please could children come in PE kit as some activities will be sport based.

Wednesday 10th July will focus on Giving. Participation in social and community life has attracted a lot of attention in the field of wellbeing research. Individuals who report a greater interest in helping others are more likely to rate themselves as happy. Research into actions for promoting happiness has shown that committing an act of kindness once a week over a six-week period is associated with an increase in wellbeing.

Give

Today we host our much loved and eagerly anticipated Rainbow Run. In school all children had the opportunity to vote for a local charity to raise money for. Yorkshire Cancer Research received the most votes and will be the chosen charity to receive proceeds from the Rainbow Run. Please could all children bring a white T-shirt into school at the start of the week. Children are to come to school in their PE kit and may wear colourful accessories to add to the look. On this day children will decorate their T-shirts with positive messages about the chosen charity. Children may bring items from home to decorate their T-shirts if they wish, such as pens, sequins, textiles etc. They do not have to do this as felt tips will be provided.



- START
- FINISH
- COLOUR STATION
- MARSHALL
- YEAR GROUP BOXES
- WORKING OUTSPACE
- WALK TO START

ROUTE MAP

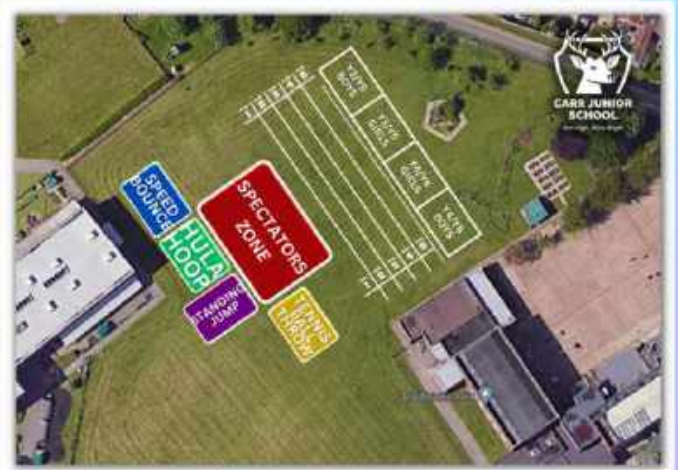
In the afternoon children will change into their T-shirts and take part in the 1km fun run. We are very excited about the return of the Rainbow Run, as we know it is popular with the children. It is not a race - children can walk, run, dance or hop their way around the 1km course. There will be four colour stations around the course as shown on the map where children will emerge a different colour to the one they started with the help of our "colour ninjas".

Thursday 11th July will focus on Being Active. Regular physical activity is associated with lower rates of depression and anxiety across all age groups. Exercise is essential for slowing age-related cognitive decline and for promoting well-being. Exercise can have the benefit of encouraging social interactions also.



We hope you can join us for sports day which will take place at 10am. There will be access to the field from 9.45am. There will be a spectator's zone, where you will be able to see all the action. Please feel free to bring blankets and chairs to make yourself comfy. Please see the map for where this zone will be located.

All children have been assigned a colour team, and should know which team they are in. There will also be a sticker in the planner with what colour team they are in. For sports day they can wear PE kit with a t-shirt matching the colour team that they are in (e.g. yellow team can wear a yellow t-shirt). If you do not have a coloured t-shirt, normal PE kit will be absolutely fine. As we are hoping for good weather, please ensure children have a hat with them, come to school wearing sun cream and have a full bottle of water.



We hope you can stay for a picnic lunch after the sports have finished 12.15ish - 1.15ish. The children will be sent briefly back inside to collect their lunches and then pop back outside to join you for lunch. Families are welcome to bring their own picnics, send children with a pack-up or book the sandwich option on School Grid in the usual way. The lolly trolley will also be out at lunchtime. All lollies will be priced at £1 as usual.

Each year group will take part in a water fight at some point during the afternoon. Water balloons will be provided. Children can bring a spare pair of clothes to get changed into and a towel to use after the water fight.

Friday 12th July will focus on Taking Notice. Reminding yourself to 'take notice' can strengthen and broaden awareness. Studies have shown that being aware of what is taking place in the present directly enhances your well-being and savouring 'the moment' can help to reaffirm your life priorities. Heightened awareness also enhances your self-understanding and allows you to make positive choices based on your own values and motivations.



We will be taking time to enjoy the moment and the environment around us. We would love children to come in festival wear today, the more sparkles and colour the better! During the day children will take part in:

- Something arty
- An Owl and Reptile display
- A disco!

All children will participate in all activities. If you would like to discuss reasons why your child cannot participate in anything or find out more about activities, please speak to your child's class teacher.

We will be selling festival accessories from the week beginning Monday 24th June at morning break. A price list is included in your pack. We will also be running a raffle which will be drawn on Thursday 11th July. It is £2 a ticket which can be purchased from ParentPay, the school office or at the family bingo night.

Finally we would not have been able to make this week happen without the sponsorship from the now famous pea hunt! Money from that event has helped to fund Shine Fest so without your help this would not be able to happen. Thank you! We hope you find all the information in the pack helpful and there is a handy overview sheet with all the important information summarised.

We are very excited about what will hopefully be a fabulous week.

Yours sincerely

Lynwinston

Laura Winston
Deputy Headteacher





Connect

YOGA - FOREST SCHOOLS
DANCE - READING CAFE
PARENTS/CARERS ARE INVITED TO JOIN US FOR THE READING CAFE

Keep Learning

TUESDAY
ACTIVITIES DAY

Give

WEDNESDAY
T-SHIRT DECORATING
RAINBOW RUN

Be Active

THURSDAY
SPORTS DAY - PICNIC
LOLLY TROLLEY - WATER FIGHT
PARENTS/CARERS ARE INVITED TO JOIN US FOR SPORTS DAY AND THE PICNIC

Take Notice

FRIDAY
ART ACTIVITY - FESTIVAL
OWL ADVENTURES



Rainbow Raffle

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ShineFest
CARR JUNIOR SCHOOL



ON SALE FROM JUNE 11TH.
£2 per ticket, available on ParentPay or in cash at the school office. There is no limit on how many tickets you can purchase. Raffle will be drawn Thursday 11th July. 8 MAGNIFICENT HAMPERS TO BE WON!

OFFICIAL MERCHANDISE



**ON SALE FROM JUNE 24TH, EVERY
MORNING ON THE UPPER YARD**

Family Bingo

MONDAY 8th JULY

AFTER SCHOOL 3.30pm - 4.30pm

**AMAZING PRIZES TO
BE WON INCLUDING;**

DOLCE GUSTO COFFEE MACHINE - FLAMINGO
LAND TICKETS - BEETLE BANK FARM FAMILY PASS
HOLE IN THE WAND VOUCHER - MAMA DOREEN'S
CUPCAKES - YORK KNIGHTS TICKETS - GIANT
POKEMON CONSTRUCTION SET - X MARTIAL ARTS
SUBSCRIPTION - SWEETIE HAMPER

**£1.50 book
£6 for six**

**REFRESHMENTS
AVAILABLE**

SWEETS - SOFT DRINKS
TEA & COFFEE

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Shinefest
CARR JUNIOR SCHOOL

Rainbow Run

SPONSORSHIP FORM

PLEASE COULD ALL SPONSOR MONEY BE BROUGHT IN FROM 15TH JULY

NAME	AMOUNT

NAME	AMOUNT

What do I need?



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Shinefest

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**CARR JUNIOR
SCHOOL**

Aim High, Shine Bright