

Play, Learn & Grow Together



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Happy Healthy Helpers meeting: 29.11.22

Agenda:

- Feedback from Waterfront – You said we did workshop
- Turn Your Frown Upside Down success

Minutes:

- Josh and Rory shared what they learnt in their workshop.
<https://www.llyangyfelachprimaryschool.co.uk/celebrating-world-childrens-day-you-said-we-did/>
- Discussion around new curriculum and what the action plan is for our PVG- ensure coverage
- Discussion around resources for TYFUD- could it take place outside when weather is better?

Attended: Mrs Gaffney-Jones and Happy Healthy Helpers

Action Plan for future meetings:

- Look at materials/ resources to use for Turn Your Frown Upside Down- using the fitness cards, mindfulness painting, mindfulness exercises, write a thank you card, sand tray, cosmic yoga, write down our worries and feed to monster, what makes you happy, what makes you sad.
- Arrange meeting with Fitness Fanatics to discuss Fitness Challenge cards
- Silver rights respecting- rights of the child
- New curriculum- ensure coverage of H & W

