

Character Building and Resilience Activities at Ouston Primary School

Part of our work at school is to support children in developing resilience, confidence, independence and an awareness of how to keep healthy both physically and mentally. Below are the activities related to this that your child will participate in.

Sport & Outdoor Learning:

PE Lessons Judo Dan session
Forest School sessions Y3 Swimming Y4 & 5 Bikeability Y3 Road Safety
Y5 & 6 Residentials (rock climbing, caving, raft building etc)
'Go Run' Whole School Fun Run
Y4 TASFL day (team building, shelter building, outdoor first aid etc)
Sports Day
After school clubs/Sports Teams
Y6 Gifted and Talented events
Outdoor visits ie Hardwick Park, Whitehouse Farm, Y5/6 Geog field trip etc

Creativity:

Art & Design Lessons Art and Craft Club Lego Club
Anti-Racism Poster designs and creative writing for Show Racism the Red Card competition,
Annual egg decoration competition.
Theatre & Art Gallery visits

Performing:

Class Assembly Harvest Assembly Christmas Show Violin or Drumming tuition
Y5 SAMBA Y6 Rock & Pop KS2 Choir at Durham Cathedral and Care Home
Dance sessions Drama Club

Volunteering and Membership:

Whole school charity fundraisers – Harvest donations, NSPCC, Salvation Army Christmas Toy Appeal, Sign to Sing, Down Syndrome UK
Anti-bullying Day Friday fundraisers Tuck Shop members School Council
House Teams

World of Work: Visitors from the world of work during Science week and Enterprise/Careers week, Enterprise activities