

Wellbeing

The wellbeing at our school is a key driver in all we do.

As a school we have made some very positive changes that increase the wellbeing of our pupils so they become resilient members of the community with the tools needed to bounce back from the knocks of daily life.

Our school values drive our positive behaviour throughout the day.

We find ways to share and implement the 5 named strategies that increase wellbeing and we share and note examples of these throughout whole school assemblies and when ever we can.

The school offers lots of pre and after school clubs to help children connect with different children through a variety of different clubs. We offer healthy snacks in the morning to sustain children and aid concentration.

We are aware of the link of being active and managing stress. We offer our children 2 long playtime slots in the day where they can enjoy and chose how they want to be active. We offer a playtime that has excellent provision and continuous learning opportunities.

Teachers offer run breaks throughout the day and within lessons that aids concentration and boosts wellbeing. In KS2 we take part in marathon kids which keep us fit and healthy. In KS2 our children find ways to volunteer and give back to others this can be through supporting staff with young children at lunch time, hearing children read or resolving conflict at playtime.

We take part in lots of charity and fund-raising events. We believe strongly in giving back and helping those less fortunate than our selves. We recognise we have a lot to be grateful for.

We offer a wide array of educational visits and hands on learning experiences that ensure children not only gain new knowledge and learn new things but is presented in a way that is real and understood and ensure children take notice.

We celebrate and find children that have gone over and above and tell their stories to our school community through our assemblies.

If you have any concerns about your child's well being please do not hesitate to get in touch. We have mental health leads in both school sand our own in school counsellor.

The five ways to well-being are:

Connect - connect with people around you.

Be active - find an activity that you enjoy and make it a part of your life.

Keep Learning - learning new skills can give you a sense of achievement and a new confidence.

Give to others – give to those in need or even giving a smile, a thank you or a kind word.

Be mindful - be more aware of the present moment, including your thoughts and feelings, your body and the world around you.

5 Steps to Wellbeing animation

There are 5 steps we can all take to improve our mental health and wellbeing.

https://youtu.be/x6bz_ekkrYA

7 ways to support children with their worries

https://drive.google.com/file/d/1Vaaq_-EZLkOIZKaLnXvPZu8bLYWvfCoT/view

How to be mindful

<https://family.gonoodle.com/activities/from-mindless-to-mindful>

<https://family.gonoodle.com/activities/lets-unwind>

Supporting Websites

<https://www.nspcc.org.uk/keeping-children-safe/coronavirus-advice-support-children-families-parents/>

<https://www.nhs.uk/oneyou/every-mind-matters>

<https://www.gov.uk/government/publications/covid-19-guidance-on-supporting-children-and-young-peoples-mental-health-and-wellbeing/guidance-for-parents-and-carers-on-supporting-children-and-young-peoples-mental-health-and-wellbeing-during-the-coronavirus-covid-19-outbreak>

<https://axelscheffler.com/books-for-older-children/coronavirus>

[Resources-for-supporting-emotional-wellbeing](#)

<https://www.annafreud.org/parents-and-carers/>