

Wellbeing

Aims Statement



Teacher: Class teachers

Time per week: Reflection takes place every day

Enrichment activities:

- Autumn- Wellbeing Ambassadors are chosen and come to termly Pupil Wellbeing Committee meetings.
- Spring - Mental Health day - Feb each year - activities and assemblies encouraging us all to think about our mental health and wellbeing.
- Summer - Regular Wellbeing Ambassador meetings.

INTENT

Our commitment to wellbeing and promoting positive mental health is paramount to our holistic view of children at school. We aim to model ways of being compassionate to ourselves and others and to tune into thinking and talking about our emotions.

We try to encourage children's emotional articulacy and to contain many of the strong feelings that occur on a daily basis and offer a robust

environment in which they can access support emotionally.

We aim to use language that is not too rigid and black and white and to help children access Growth Mindset, whereby they can think about how to achieve their maximum potential and not be restricted by negative Fixed Mindsets.

IMPLEMENTATION

In KS1 We have daily reflections where the children can relax and have a moment to re-engage their 'logical' part of their brain to prepare for learning and to calm themselves and focus. Year 1 has a small nurture group where children can participate in small group work - checking in with how we are feeling, listening to one another and expressing ourselves creatively through art, drama and movement. We also offer social skills groups.

In KS2 We have daily reflections to calm down and re-engage after break times and lunch and to ensure that our focus is back into learning and being in an optimum state to absorb teaching, whilst feeling calm and mindful.

Staff who work with children have a half-termly Progress and Pastoral meeting, where children's SEMH, pastoral and academic needs are discussed and personalised support is put into place, the children are monitored and the issues revisited at the next meeting to discuss progress/next steps.

We have a team of pupil Wellbeing Ambassadors who meet termly to think about how to promote the messages of wellbeing around the school. These Ambassadors look out for children on the playground and around school and pupils know that they are there to talk to, should they so need.

We try to implement ways of being visible around school, through posters, inspirational quotes and a Wellbeing Board where we post pictures of our Ambassadors and a weekly Wellbeing message.

Children choose a 'designated adult' who they feel they would like to talk to. These lists are created at the beginning of the year and distributed so that the adults know which children has chosen them. Children can then approach these adults for a chat and it's another way to help keep problems small and help children to feel comfortable when they have something they wish to share or seek help with.

Staff check in with children to find out how they are and how we can help their wellbeing. We offer 'bubble boxes' in each class so that children can write down anything that might be worrying them that the teacher can then look at and respond to throughout the week.

Each child can nominate a designated adult, who is someone in school that they could talk to if they felt the need - and this list is distributed and available to all staff so that we know who the child has chosen as their go-to person.

We teach regular PSHE sessions, where we can talk about a range of subjects pertaining to our physical and emotional wellbeing.

The Deputy Head teacher has hosted assemblies to the school on wellbeing and we offer CPD to staff on mental health issues and topics. We offer termly parent information evenings, where we talk about a range of things, from anxiety to sleep issues.

IMPACT

The pastoral life of the school is strong and our children have an annual pupil survey where they can express their thoughts and feelings about school.

We also have a School Council and the Wellbeing Ambassadors to enhance the Pupil Voice channels of communication to the SLT throughout the year.

The Senior Leadership Team meets weekly and discusses the pastoral life of the school and any specific children that may need a little extra help and support and to check in how the school is maintaining its commitment to our positive mental health and wellbeing.

The Parent Voice is championed by the Parent Council who meet every half-term and discuss aspects of school with the Headteacher. This is a forum to discuss the Wellbeing approach and for the Headteacher to listen and respond to the feedback of the parents.

This year we have a new Wellbeing Governor who works with the school and supports the work we are doing and keeps abreast of developments and monitors the strategic direction of our approach to the Wellbeing and Social and Emotional Health of the school.