

Wellbeing

Our aims



To nurture a safe, inclusive and supportive environment where every child can learn and thrive.



To promote positive communication and build relationships between school, children, parents and carers.



To build children's confidence, fostering a positive and supportive environment so they can reach their potential.



To work together as a school community to support wellbeing for all.

What is wellbeing?

Wellbeing means feeling good and being able to cope with life's ups and downs.



Being confident

Feeling good about yourself and believing in yourself



Expressing emotions

Understanding feelings and being able to talk about them



Building relationships

Making positive active connections with others



Feeling hopeful

Looking forward to the future and believing things can get better.

Wellbeing support for you and your child

We are here to support you and your child. If you have any concerns about your child's wellbeing, please speak to your class teacher.



Alternatively, you can always speak to the following people

Wellbeing contact team

Headteacher	Samantha Benson
Wellbeing Leads	Chloe and Aimee
Meantal Health Firstaiders	Karen, Linzi, Hayley, Richard and Carol



Supporting children's wellbeing



Class rewards

Celebrating effort, kindness and achievement every day.



Pupil voice

Honesty and opinions help shape our school.



PSED / PSHE lessons

Learning about feelings, friendship, resilience and social choices.



Wellbeing activities

Mindfulness, relaxation and emotional health.

Supporting parents' and carers' wellbeing



Communication

Regular communication through Class DOJO, telephone, parents evenings.



Open-door policy

Honesty, peace and opinions come talk to us.



Support signposting

We can help connect you with local and regional support services.



Parent sessions

Workshops and meetings on various topics throughout the year