



Wellbeing being champions

Our Lead Wellbeing Champions have been working hard to promote wellbeing across the school. We have been very impressed by their commitment and enthusiasm.

This week we held a wellbeing assembly to talk about the Wellbeing Award for Schools and all the things we have achieved over the last 18 months. We have made a number of changes to promote and support wellbeing, including: Feel Good Fridays, introducing Wellbeing Champions across the school, assemblies and workshops to raise awareness and develop strategies to support our wellbeing and regular wellbeing events. Ella and Sophia are keen to develop this further and have a huge number of ideas! This week the girls introduced a song at break time. The organised to have a song played at the end of playtime and had the whole school dancing. From January, the girls will be organising one assembly each half term, they will plan and deliver the content to the school. These assemblies will be based around our school vision for wellbeing. The girls will choose one of the petals in our wellbeing flower to focus on.



Our wellbeing flower promotes characteristics that support positive mental health and wellbeing. The flower forms part of our wellbeing display and will be added to all classrooms.

Helpful information and website:

<https://www.coramlifeeducation.org.uk/family-scarf> (webinars and resources for parents)

<https://www.nhs.uk/nhs-services/mental-health-services/mental-health-services-for-young-people/children-young-people-mental-health-services-cypmhs/> (information about local services)

Free Webinars to support children's mental health:

Anxiety:

<https://www.eventbrite.co.uk/cc/free-webinars-to-support-childrens-mental-health-288349>

Supporting a sensitive child:

<https://charliewaller.org/what-we-offer/free-webinars/>