

MELLING 7 STEPS TO WELL BEING

EXERCISE

- *Sports specialist quality PE lesson for all children every week (additional lesson class teacher) – intra competitions
- *Sports cage games before school and during lunchtime (3 lunchtimes with Sports specialist)
- *After school sports clubs for all classes during the year leading to successful inter school sports tournaments
- *Quality play equipment encouraging physical activity available for all children at lunchtimes
- *Sports Leaders from Y5 and Y6 to support sports throughout school

HEALTHY EATING

- *Sefton School Meals service has achieved a quality mark for nutrition.
- *Fruit to Suit Tuck Shop run by KS2 children – supplies healthy snacks for all children to access at playtimes
- *Healthy Snack policy – monitored throughout the year by 'Be the Best You Can Be' Team members
- *Food technology curriculum encourages healthy eating – the making of healthy snacks and healthy drinks
- *Healthy Eating and Healthy Living Week in June (GULP – Give up loving pop; visits from parents who are Chefs; nutrition challenge)

TALK IT THROUGH

- *Assistant Head is the Mental Health lead who is the point of contact for children needing support
- *SBAR days for every class throughout the year...STOP-BREATHE-AND-RELAX - an opportunity to teach relaxation strategies
- *School Health Service – Emotional Well Being Nurses run relaxation programmes with all KS2 classes
- *Culture of 'all adults will listen' is embedded in assemblies, class circle times, dealing with children on one to one basis
- *Circle Time in all classes used regularly: timetabled and used as an intervention when needed for a particular issue

DO GOOD DEEDS FOR OTHERS

- *A programme of charitable events throughout the year involving all children (awareness raised of issues) fun activities to raise funds
- *Junior Parish Council; Be the Best that you can be Team; Eco Team; Digital Warriors; Sports Leaders; Peer Mentors – service to others
- *Year 6 Buddies – provide a support mechanism for the youngest children in school
- *Reading/handwriting buddies – older children supporting the reading of younger children
- *Monitors and prefect systems exist within each class and for Y5 and Y6 – eg technical support in assembly; library monitors

RELAX YOUR MIND

- *Mindfulness activities are promoted and the library has been designed as multi-purpose: a library and a sensory zone
- *School Nurses for emotional health work with Y6 during the Summer term on a programme to deal with anxiety and transition
- *Assistant Head with responsibility for Mental Health and Well Being – has half termly sessions with each class to work on Well Being activities; yoga sessions for identified children
- *Over 2018 – 2020 a trainee Play Therapist works with identified children who need some extra support
- *Referrals can be made to SEAs and Well Young People if external support is required

THINK POSITIVE THOUGHTS

- *Display of positivity in the hall for all children to enjoy when waiting for lunch
- *All staff promote a sense of positivity across the school: smiles; greetings; showing an interest in children; PCP when sanctions needed
- *Positive starts to day, starts to lessons, starts to new terms; sharing of good news in assembly, class, buddies etc
- *Feedback and marking policy stresses the positive before the steps for improvement – improvement rather than high attainment valued
- *Children acknowledged and rewarded for recognising achievement in others; children encouraged to praise others

RESILIENCE

- *Resilience identified as the learning power to be promoted during learning and in relationships (avoiding distraction, perseverance, absorption and noticing) – staff reward and recognise
- *Opportunities to develop resilience are identified in curriculum maps
- *An aspect promoted in our learner profile - children are encouraged to be persistent, learn from mistakes and take risks in learning
- *PSHE specific unit of work on resilience taught during Healthy Living week
- *Opportunities for children to develop self esteem: pupil voice forums; class presentations; talent shows;