



Burnopfield Primary School
Wellbeing Policy
'To inspire, challenge and care'



Teaching and Learning Drivers	Curriculum Drivers
Growth Mindset Respect Well-being	Inspirational People Adventure Aspiration

At Burnopfield Primary School, we are committed to supporting the emotional health and wellbeing of pupils, parents and staff. We know that everyone experiences life challenges that can make us vulnerable and at times, anyone may need additional emotional support. We take the view that positive mental health is everybody's business and that we **all** have a role to play. We also recognise that good physical health can enhance this so actively promote making healthy lifestyle choices. As a school, one of our key drivers for our curriculum is wellbeing.

Intent	Implementation	Impact
To help our children understand their emotions and have strategies to deal with them. To create an environment where children feel comfortable to share their concerns and worries. To ensure our children are tolerant and accepting of differences.	Wide range of extra curricular activities. Pastoral drop in sessions Visual Timetables Nurture Group-Butterfly group Relax Kids Mindfulness Club Mindful Running/walking Wellbeing walkway Home/School communication books Durham Resilience Project Wellbeing Team and Mental Health Awareness Whole Class Mindfulness Counsellor Worry box Assemblies Supporting mental health week and days Pupil voice Transition support-pupil profiles, class portraits All different, all equal initiative	Children will have high self esteem and will feel valued. Children will be more confident in themselves Children will manage emotions effectively and know how to deal with different situations. Children will feel confident to express their feelings towards each other and will be equipped with the appropriate and correct life skills through school and beyond. Pupils will be more engaged with the learning process and will concentrate and learn better. Improve standards in all areas of the curriculum. Fewer disengaged and disaffected pupils. Improved behaviour and attendance. Less bullying.
To recognise and prioritise staff wellbeing	Reduce staff workload Staff pastoral leader Head teacher drop in sessions Staff mental health lead and wellbeing team	Improved morale within the school environment. Happy workforce.

	<p>Staff supervision sessions Dedicated space for staff to work and relax Social events Staff resilience project Termly staff wellbeing meeting Regular wellbeing events Staff training Availability for external support Just relax session-relax kids group for staff</p>	<p>Lower absenteeism.</p> <p>Positive and effective relationships with pupils Staff are happy, more confident and more motivated.</p> <p>Improved teaching and learning experiences for children.</p> <p>Staff work together with a shared vision for children and each other.</p>
<p>To create an ethos where parents will share any pastoral issues.</p>	<p>Morning sessions on yard Greeting at home time Designated parent/pastoral lead Direct to appropriate external services Parenting advice sessions Family learning Relax kids at home-parents session</p>	<p>Effective links between staff and parents will be formed and positive relationships will benefit all involved. .</p> <p>Communication will be two way and positively impact on the children.</p>
<p>To all members of the school community to recognise the link between healthy bodies and healthy minds.</p>	<p>Happy feet challenge Active lessons Active break times New path and trim trail areas Mindfulness sessions SNAG group PE lessons Salad bar Mini police/play leaders to encourage games and activities Health and fitness week Healthy school award</p>	<p>Staff, children and parents will make healthy choices including exercise, diet and lifestyles.</p> <p>We will be more aware of our feelings and mood after physical activity.</p>
<p>To help all members of the school community develop emotional resilience and manage setbacks.</p>	<p>Growth mindset Supporting environment</p>	<p>Staff and pupils will find solutions to everyday events and situations and will celebrate each others success.</p>

Updated October 2019