

Collaborative with outside agencies, parents and other professionals to support the well being of pupils in all aspects of their lives, not just at school. Staff often attend meetings and appointments both on the school premises and off site to ensure information is shared effectively as well as supporting pupils and their families. Regular contact with families offers support and liaison staff can offer guidance to enable to wellbeing of the family as a whole.

All successes, no matter how small the steps, are celebrated with the each pupil to demonstrate the value we place on the effort they have made and progress that has resulted from that. Children are encouraged and supported to reflect up their own achievements, supporting them to recognise when they have achieved and increasing their self esteem. Celebrations come in many forms including instant feedback, reward stickers, star of the week certificates, work of the week certificates and special mentions in circle time activities to give a few examples.

Daily Activate sessions each afternoon which provide children with learning breaks whilst also developing balance, movement and coordination.

Wellbeing Challenge: Linked to Sports Relief, children will be completing a mini triathlon. Children will share ways in which physical activity is beneficial. During the activities pupils will be asked to support each other verbally and achievements celebrated to boost self esteem with certificates.

Specific sessions, such as PSHCE and OT, which focus on being healthy + active and how this links to physical wellbeing. Children are given opportunities to explore healthy food choice they may otherwise have not tried though food tasting sessions.

A designated Wellbeing Team consisting of a staff team who have specific areas of expertise such as counselling qualification and an Educational Psychologist. This team works alongside class team with students who have been identified as needing additional support linked to their person well being. They share strategies, advice, guidance to teams and can work with pupils to address specific concerns.

Healthy options provided at lunch and snack times with children supported to select foods to create a balanced diet.

KS1&2
Speech and Language
Wellbeing Driver

A range of physical activities incorporated through out the school week to boost physical fitness along side team work and encourage interaction with peers. These include twice daily playtimes with adult supported games, weekly PE sessions and weekly swimming sessions.

Group physiotherapy and Gym Sessions which address specific area of development for pupils.
Gym sessions develop endurance, stamina and fitness levels of the children through a variety of activities.

Weekly timetabled Pilates sessions which support children's physical and emotional well being by developing balance and flexibility alongside teaching the pupils specific breathing techniques to foster a sense of calm when they are feeling anxious. Pupils are encouraged to use their methods in other contexts.

All areas of each pupils development are carefully scaffolded to ensure all children can achieve, boosting self esteem and adding to emotional well-being.

Individual physiotherapy sessions linked to EHC outcomes or specific areas of priority for each child. Physio sessions are carefully scaffolded to allow each child to be successful and increase self confidence alongside developing physical skills.