

What we do to enhance the wellbeing of our pupils here at St Mary's

Charlie, our school pet



- *Charlie meets and greets the children at the beginning of the day*
- *Children read to Charlie*
- *He provides a listening ear*
- *He is responsible for looking after our children especially when they lack self-confidence*
- *He comforts children who are upset and feel sad*
- *He has a calming influence*

Relaxation

- *We have a cool kids exercise programme to improve coordination and help children to develop their concentration skills*
- *We practise yoga and meditation to help children relax and focus*
- *Children can go to any adult in the school with any problem including the Headteacher*
- *We have designated staff for leading and supporting wellbeing at school*

Facilities

- *Friendship bench*
- *Outside quiet area/peace garden*
- *Lunchtime story and colouring club in the outdoor stage area*
- *Clubs at lunchtime such as Lego Club, Reading Club, Cross Stitch Club*
- *1:1 lunchtime support when needed*
- *Use of the Sun Room/Nurture Room as a quiet environment when noise levels get too high for vulnerable children, e.g. during DT or lessons involving debate*
- *Specially arranged sessions to talk about anxieties and worries and exploring strategies to cope*
- *Playtime monitors*

- *Sports leaders*
- *Provision of a Sports Coach five lunchtimes a week to oversee competitive games*

Indoor environment



- *Water feature in foyer*
- *Classical/peaceful music playing in school entrance and during some lessons*
- *Guitar lessons – strumming fun for relaxation*
- *Recorder and mouth organ fun for relaxation*
- *Growth Mindset displays*
- *Celebration of work displays*

Classrooms

- *Reading areas*
- *Traffic light systems for behaviour*
- *How we are feeling today activities*
- *Stress relief activities and equipment*
- *Individual and class reward charts*
- *Class responsibilities, e.g. monitor jobs*
- *SEAL activities (social and emotional aspects of learning)*
- *Circle time*
- *Gospel values and BEE-ATTITUDES based on the Beatitudes*
- *Cuddly bees in all classes – children bring the bee to the Headteacher when they have done something that demonstrates they are following in the footsteps of Jesus*
- *A 'statement to live by' is on teaching planning proformas which lives to whole school values*
- *Buddy system to support Reception class*

Support from pupils

- *GIFT TEAM promote the spiritual life of the school*
- *Prefects*
- *Sports Managers*
- *School Council*

Praise and Positive Reinforcement



- *Gospel assembly*
- *Praise assembly*
- *Headteacher stickers*
- *Bee - Following in the Footsteps of Jesus stickers*
- *Child of the Week*
- *Learning Leaders*
- *Merits*
- *Houses - TANA, MARA, MOLO, YALA*
- *Golden tickets for the class that lines up quietly or moves around the school in an orderly fashion - half term visit to the school's Ice Cream Parlour for winning class*
- *Open door policy*
- *Lolly sticks with pupil names on for random selection/fairness*
- *Chapel time*