



Northwick Park Primary & Nursery

Academy

# Wellbeing

# Update

November 2024



## Wellbeing Award for Schools

Parents of our older pupils will be aware that in September 2021 we achieved a national award called the Wellbeing Award for Schools (WAS). This award looks at how we promote emotional wellbeing and mental health across the whole school community. This award now needs to be reassessed and the verifier will be visiting the school in March.

### What is emotional wellbeing and mental health?

‘Emotional wellbeing describes your **mental state** - how you are feeling and how well you can cope with day-to-day life. Emotional wellbeing is essential for us to function and be happy.’

‘Mental health is defined as a state of well-being in which every individual realises his or her own potential’  
Mind, 2018

### With good mental health your child will ...

- \* build up resilience and be able to cope with the challenges of daily life in a respectful manner
- \* be able to express and talk about a range of emotions
- \* have ambitions to achieve and succeed
- \* build and maintain good relationships with others
- \* feel included and engaged with the world around them

## What is happening at Northwick Park?

This term we continue to focus on the wellbeing of our pupils. Every class has a timetabled wellbeing slot where they will do relaxation, mindfulness or yoga. Children continue to have their regular PSHE lesson.

Mrs Heuer is available to speak to children in KS2 every lunchtime. She is there to listen to any worries or concerns the children have or they can share exciting news with her. Mrs Heuer has her own dedicated hut in the sensory garden. The children in KS1 have a range of known adults with them at lunchtime that they can speak to.



### Wellbeing Warriors

Our Wellbeing Warriors from KS2 are outside on their allocated days to help play with the younger children and support them with any small friendship issues they encounter.



The Mental Health Support Team held a coffee afternoon on Tuesday 12th November in the school hall. Thank you to the parents who attended. If you feel that you need some support from the MHST then please ask the office for a referral form. MHST offer 1:1 parent support sessions to help you deal with your child's emotions.



As part of the original process for the wellbeing award we asked parents to help us by completing a survey. We must repeat this process as part of the reassessment. Next week, you will receive an email with a link to an online survey. It will not take long to complete but we do need a 50% response rate so please support us by completing it.



### Website

The wellbeing section on our website is continually updated with relevant information and links. This is where you can find our wellbeing strategy that details our plans for wellbeing across the school community.

## Focus - Resilience

**Why is resilience important?** We are working hard at Northwick Park to support children in developing resilience. Building up resilience is not only important for your child's mental health but helps with their ability to cope with difficulties that are a part of everyday life. In fact, children with greater resilience are generally happier, better able to manage stress, deal with ups and downs, as well as bounce back from challenging situations.

### 8 Ways to Build Resilience in Children:

1. Let them experience disappointment so they learn sadness doesn't last forever.
2. Validate their fears and help them make plans to do things even if they're scared.
3. Let them take (reasonable) risks and experience natural consequences.
4. Encourage them to try new things, make mistakes, and learn from their mistakes.
5. Give them opportunities to make their own decisions and help them problem solve.
6. Tell stories of people who faced hard times, persisted, and grew stronger as a result.
7. Reframe challenges as short-term problems, and opportunities for learning.
8. Remind them that although we can't control everything that happens to us, we *can* control how we respond.

Learn more at [www.GoodDaysWithKids.com](http://www.GoodDaysWithKids.com)