



Northwick Park Primary & Nursery

Academy

# Wellbeing

# Update

April 2021



## Wellbeing Award for Schools

As you are aware, we are working towards achieving 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. Evidence shows that positive mental health is of central importance to learning and attainment and it is part of our school vision to support the wellbeing of our school community.

### 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. They will also be increasing the amount of time spent on physical activities. Children will continue to have their regular PSHE lesson.

### Wellbeing Warriors

Our Wellbeing Warriors from KS2 are going to be taking part in some training in playground games. They will be continuing to organise large scale games in their bubbles for Wow Wednesday.

In KS1 each Wednesday lunchtime, the Playground Friends and an adult will be organising a group game on the playground that the children in that bubble can join in with.



### 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.

<https://www.northwickpark.essex.sch.uk/page/?title=Wellbeing&pid=1250>

### Check out our new sections

Keep Fit for Fun

and

Recipes Ideas



### Sensory and Wildlife Garden

This term we are going to be developing our garden area. We are planning on creating an area that will not only connect children with nature but will provide a place that both stimulates the senses and helps children to calm down when needed.



We will soon be ready to undertake the assessment process for the wellbeing award and we will need your help. In June, 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.



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. The children in KS1 have a range of known adults with them at lunchtime that they can speak to.

### Staff

The staff at Northwick Park understand how important it is for wellbeing to be active. Lots of the staff have taken up running and you may see them running around the island.



**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)