

Active Lives Evidence

Breaktime

Here the Wellbeing Ambassadors are completing some training to lead Parachute games at breaktime. We have a good range of equipment available at both break and lunch time for the children to use daily.



Forest Schools

The children are enjoying a Forest School Session. Each Year group has two blocks of this each year.



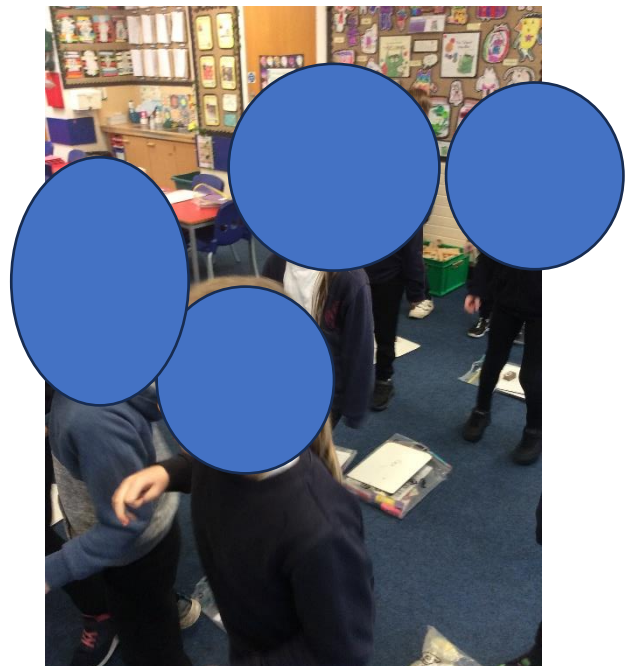
Outdoor Learning

We make use of our pond area, allotment, woodland area, mindfulness shelter, yurt, playground and field for outdoor learning activities.



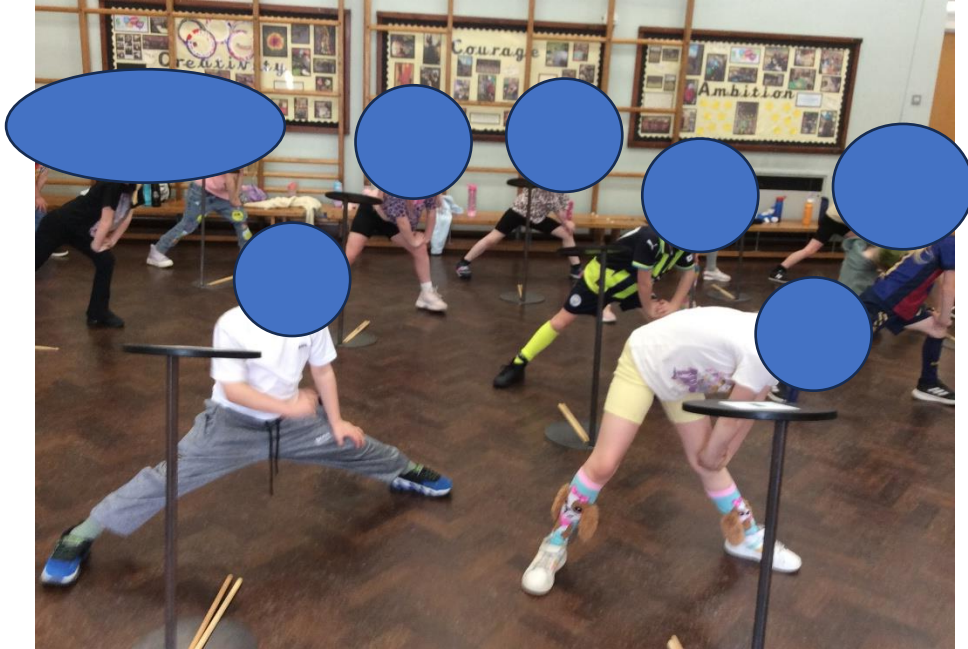
Active/Movement Breaks

We use Jumpstart Johnny, GoNoodle and Cosmic Yoga for movement breaks in class.



Drumba

Here children are taking part in a fun Drumba session. We even had a sponsored Drumbathon day to raise money for school.



Taster sessions

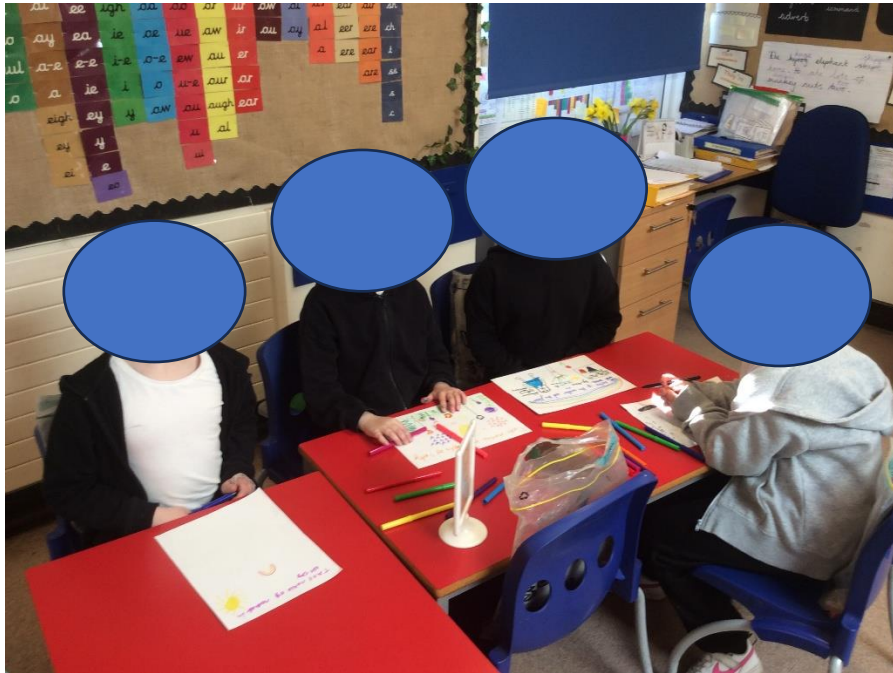
Here the children are having a skipping workshop. We had great fun and were very active.



Emotional Health and Wellbeing (EHWB) Evidence

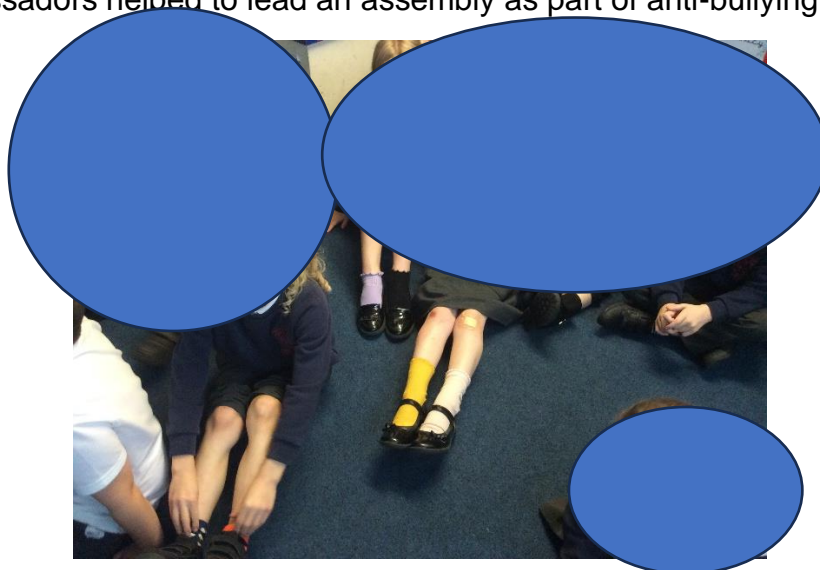
Wellbeing Ambassadors meeting

The Well-being Ambassadors are busy creating posters to put up around school. We were using the theme of Take Notice.....



Odd Socks Day

The Children wore odd socks to raise awareness that we are all different. The Well-being ambassadors helped to lead an assembly as part of anti-bullying week.



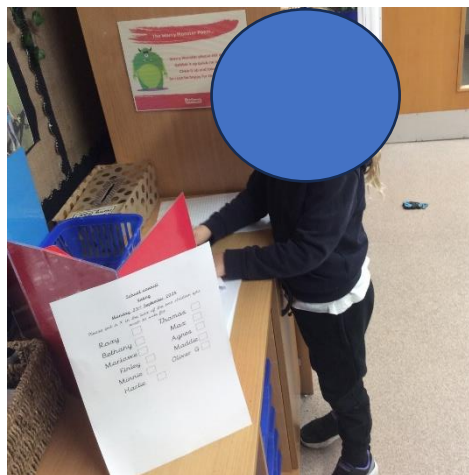
Hello Yellow Day

Here the children are completing lots of mindfulness activities in the Yurt in celebration of Children's Mental Health Day.



School Council

We have an active school council voted for by the children. They are involved in lots of key decisions in school. They meet regularly.



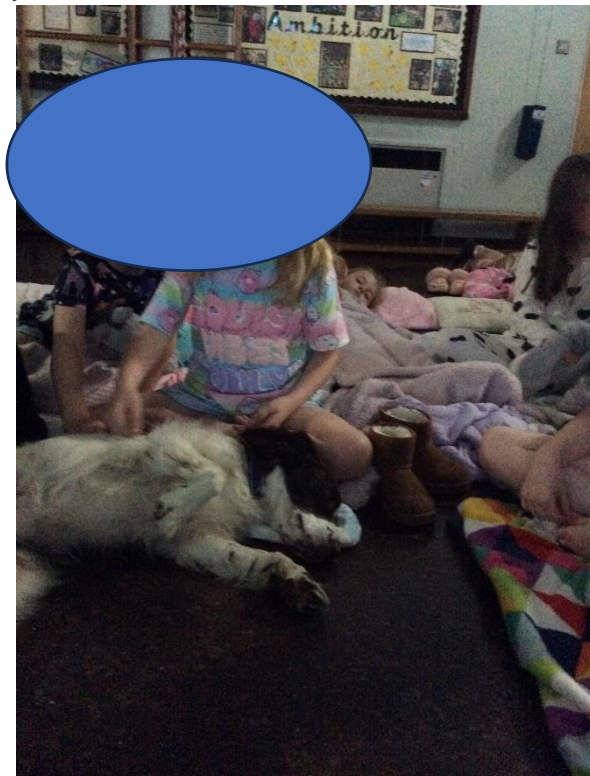
Mindfulness Shelter

Children at playtime enjoying calm colouring activities in the mindfulness shelter.



Movie Night with Maya our school Dog

The Children enjoyed snuggling up with Maya for movie night. Maya often works with children throughout the school day whether this be in 1;1 sessions or small groups. The children adore her!



Buddy Bench

This is the buddy bench in the playground that the children wrote to the headteacher asking for. The Well-being Ambassadors help anyone who sits on the buddy bench at playtimes and lunch and the system works well to help with loneliness and friendships. We also have a buddy system in place for EYFS children.



Yurt

The Yurt is also used as a quiet space to go in small groups and for Thrive and mindfulness sessions.



Food in school Evidence

Lunchtime in action

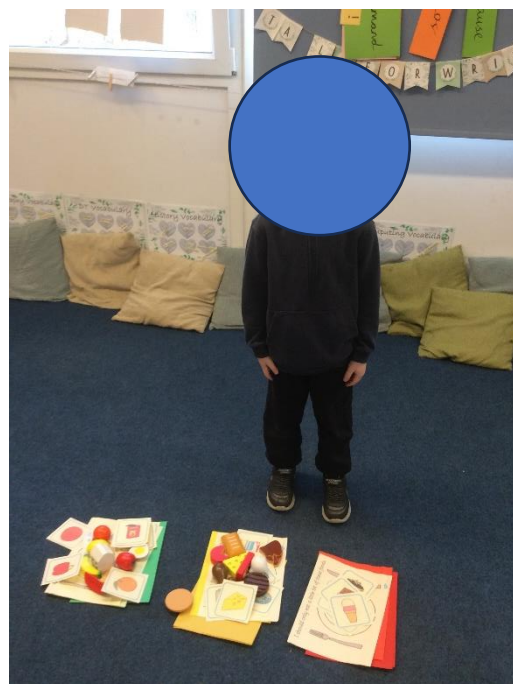
Here the children are enjoying a meal in the school hall.



Lessons about food

Science

Sorting foods in Science into food we should eat lots of, some and a little.



Food Technology

Here the children are in a D and T session making fruit faces and learning more about food.



Gardening Club

In Science we have been planting in the allotment and in Gardening club they have planted vegetables.



PSHCE and Art

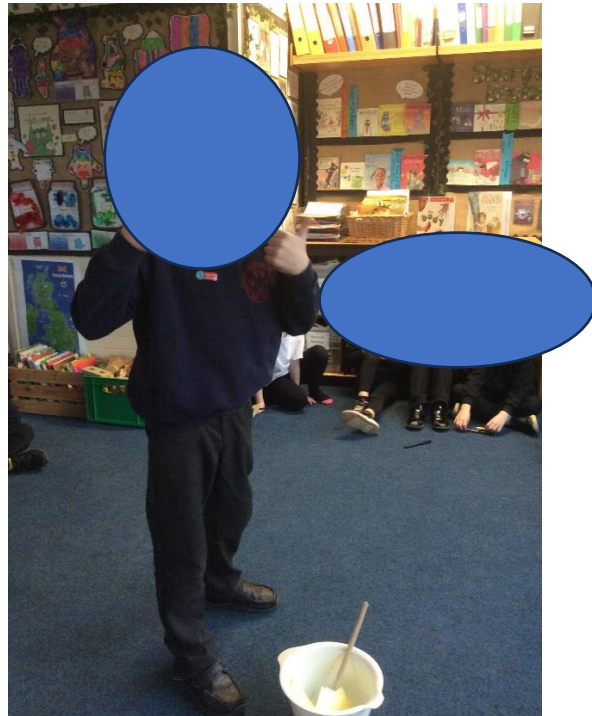
We have been thinking about healthy lifestyles and produced some art work based on looking at different fruits.



Personal, Social, Health Education

Photos of PSHCE lessons

Here the children are taking part in a circle time activity to create a great friend. The children are busy adding 'ingredients' into the bowl for what makes a good friend. They have each written different qualities on post it notes and are adding them into the bowl.



Here the children are busy making Worry Dolls after using the focus book 'Silly Billy' to have discussions about worries, what to do if they are worrying and speaking to trusted adults.



Staff Wellbeing Evidence

Wellbeing Board

This board is in our staff room as a place to share thanks, book ideas and recipe ideas.



Wellbeing Shelf

This shelf is also in our staff room for staff to borrow anything from here.

