

Barkston Ash Catholic Primary School - Emotional Health and Wellbeing Noticeboard

Made alongside 7 Wellbeing Champions. The Champions have been meeting fortnightly with the Learning Mentor to tackle wellbeing tasks that we agreed on as a group. Sessions have been child-led, using ideas from the formal training as inspiration (Compass Phoenix 'Wellbeing Champions' training).

This display charts our discussion of elements of health and how we need to take care of our minds and feelings as well as our physical selves.

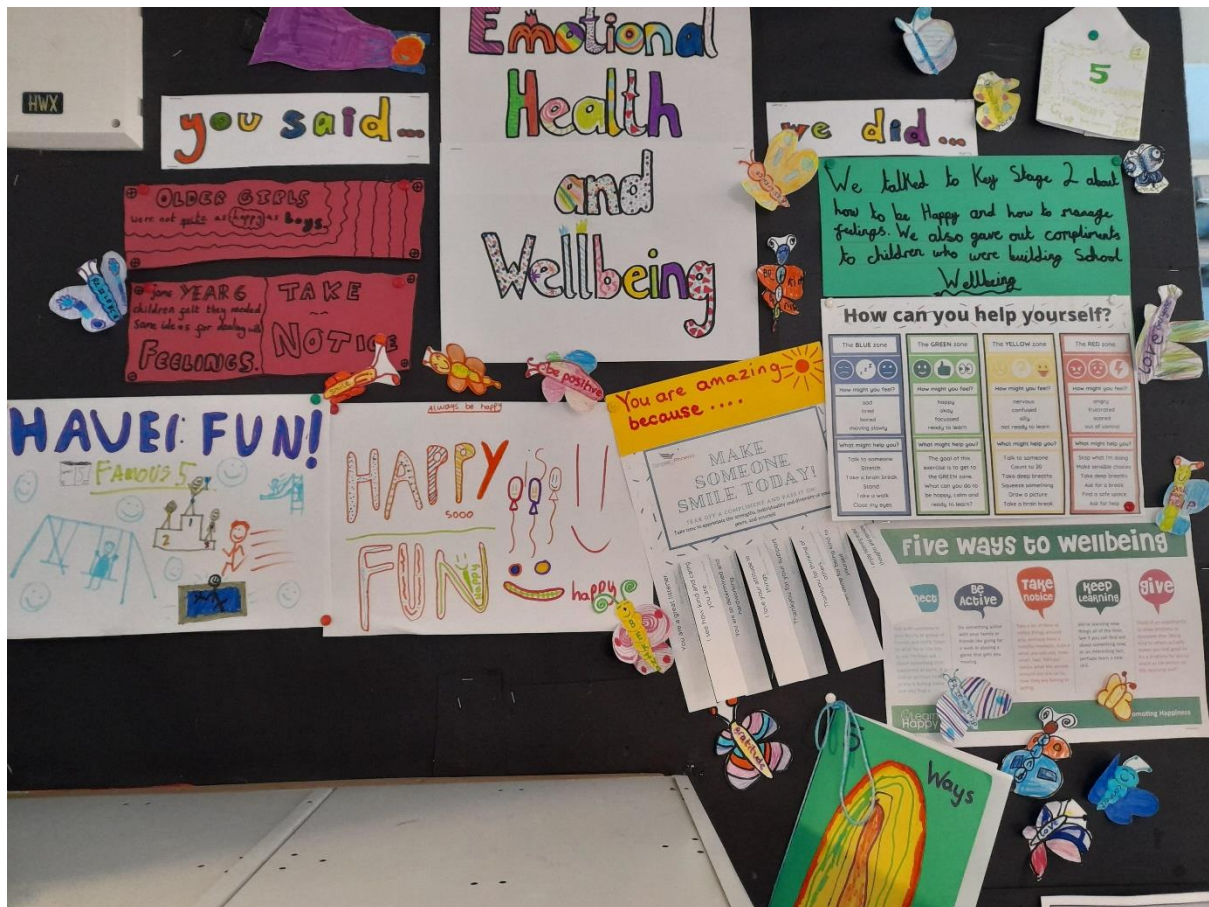


We looked at the GUNY data for our school to get key areas of emotional wellbeing focus and then outlined what we did to spread wellbeing and fill some unmet needs.

School Council were also involved in discussions of wellbeing and resilience. The Wellbeing Champions updated them on their work too.

This connected board below shows what we did in response to what was said. The GUNY said that girls were not quite as happy as boys and some year 6s said that they did not know what to do with big feelings. We therefore outlined on the noticeboard how the supporting adult and the Wellbeing Champions gave inputs in KS2 classes on the 5 Ways to Wellbeing and the Zones of Regulation, to help with this. Some classes have built on this by zoning their room accordingly. The Wellbeing Champions also gave out compliments to pupils, who were being kind or playing nicely, with the aim of spreading wellbeing around school.

The butterflies are wellbeing butterflies we made to share key themes in an engaging way (School Council idea).



In September 2024 we plan to look at ways the Wellbeing Champions could share wellbeing ideas with KS1 in a simpler way.