

## Cheveley CE Primary School

### Wellbeing for children

- **Student voice** - Children are listened to by adults in class and around the school. Children have the opportunity to share ideas / worries to their School Council and Worship Council rep. They can influence change through the councils
- **Curriculum** - Children are taught about resilience and social and emotional learning in PSHE & PE lessons, Collective Worship, Quiet Club and through enrichment activities such as after school sport clubs
- **Targeted Support** - When an additional need is identified, children are supported through a range of activities such as- Play Therapy, additional transitions and resources
- **Parents & Carers** - School works closely with families to identify and support children and their needs. Information is shared and parents are signposted to additional support
- **Communication** - Systems are in place for parents to speak with school staff regularly
- **Celebrations** - Children are celebrated for their academic and non-academic achievements in order to promote self-esteem
- **School Values** - Children know our school values well and this encourages a culture of understanding, belonging and community

### Wellbeing for adults

- Wellbeing – through routines and ethos
- Culture of purpose and support
- Trained Mental Health First Aider
- DHT wellbeing lead
- Time given at each staff meeting to reflect on well being
- Meetings start and end promptly – only relevant staff are required to attend
- Work emails are not to be addressed before 7.30am and after 6pm each day and never on weekends / holidays
- CPD and release time for subject leaders
- Annual whole staff planning day to review curriculum
- No staff meetings in Parent's Evening week
- Additional time out of class granted when needed
- All opinions are valued
- Operational activities are reviewed regularly
- Planning is not required to be in a particular format
- PD day for report writing
- An understanding that family is important – attendance granted at key events
- Gift day given each year