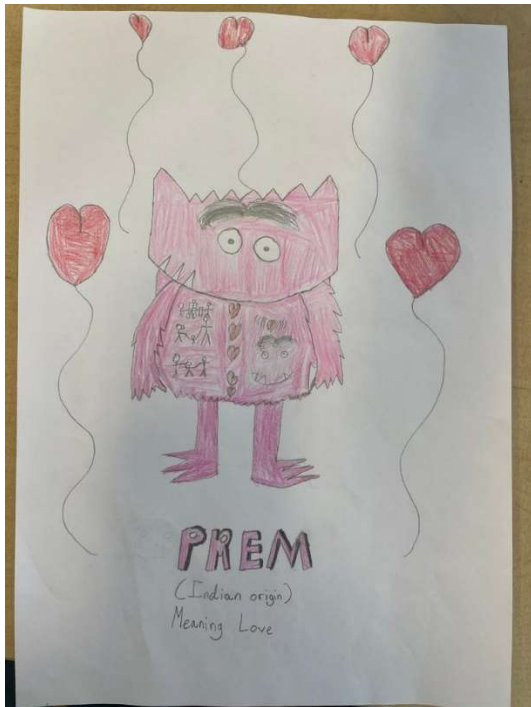


# Mental Health and Wellbeing Newsletter

**Congratulations** to the winners of the Colour Monster competition, chosen by the Kindness Squad!

Nathan 5B at Hewett



Emily 1S at Cannington



It was great to see so many entries from all year groups across both sites of the school. We had pictures, collages, models and even a Colour Monster cushion! An amazing effort all round so well done to all who entered.

## Our Whole School Vision

We wanted to take this opportunity to share our vision with you and to let you know some of the ways in which we are promoting Children's Mental Health and Wellbeing at Roding.

At Roding Primary School, we nurture and educate our children, enabling them to embody and practise our six school values:

- \* Responsibility
- \* Resilience
- \* Caring
- \* Respectfulness
- \* Optimism
- \* Creativity

We apply these to every aspect of their lives and learning.

We believe that this commitment cultivates inquisitive, determined, respectful individuals who are aware of their own needs and how important their physical and mental wellbeing is to their futures; thereby ensuring that they are well-prepared for all stages of learning and are able to contribute positively to all of the communities they are part of throughout their lives.

## How does this look within school?

Putting this vision into practice, informs the way in which the children are supported while they are in our care. As you would expect, teachers offer good quality lessons, taught within an ethos of mutual respect, where everyone is equally valued, supported and challenged.

We offer extra support to pupils who, for various reasons, need some kind of intervention either within the classroom or in the playground. The Kindness Squad, which has now been set up successfully on both

sites, is one of the ways that the children support each other. They are available to offer company to their peers and can help with strategies to solve minor disputes or will signpost children needing further support.

Lunchtime drop-ins are also now available on both sites, with Mrs Graves being available daily at Hewett and Mrs Watkins and a team of volunteers facilitating this at Cannington. Both groups offer nurture and advice to children who find it difficult to be in the playground for a full hour. Others may just pop in for a chat and a little reassurance half way through the day.

The children have daily assemblies or thought of the day sessions where they discuss topical news and are able to ask questions, making them feel more comfortable about what's going on in the world around them. They have assemblies which invite them to share their thoughts and feelings about issues relevant to them such as online safety, bullying and staying healthy. Children's voice is well represented within the school through various groups such as School Council, Trusted Pupils, Playground Squad and Kindness Squad.

We are proud to be working towards The School's Wellbeing Award! This will help us to ensure that the needs of the children are being met and will highlight any areas where we may need to improve our practice. It is important to us that your voices are heard too and therefore, we will soon be sending out a parent questionnaire, giving you the opportunity to let us know your thoughts.

Look out for the parent mail coming soon giving you the link you need to complete the questionnaire.

Many Thanks

The Wellbeing Team