



WELLBEING

Wellbeing continues to be a high priority at BPS - the wellbeing of our children, our staff and our parents.

We are continually offering all children opportunities to **be active, keep learning, take notice, connect** and **give** - the 5 Steps of Wellbeing - both in and out of lessons.

For example, our Children In Need day encouraged both children and staff to **give** not only money but time and effort too, to fund-raise; our varied and engaging P.E. curriculum, extra-curricular clubs and Stormbreaks keep our children **active**; other curriculum experiences, such as the visit from Zoolab to Year 4, encourage our children to both **take notice** and **keep learning** about the world around them; and, of course, the fabulous Christmas nativity and Lighthouse concert are an excellent forum for our children to **connect** with the wider school community.



It is important that we keep reminding our children of 1) these 5 Steps to Wellbeing, as it empowers them to take control of their wellbeing and 2) the importance of telling a trusted adult if they are worried about their own mental wellbeing or that of a classmate.

Wellbeing Over the Christmas Holidays

The Christmas holidays are a wonderful time for families to relax, celebrate and enjoy being together. However, the change in routine can sometimes feel overwhelming for children and parents alike. Christmas can be a tricky time for some and a time when it can seem that there is nowhere to turn. So, just a reminder that there is a dedicated section on our website for WELLBEING, both under PARENTS and CHILDREN. Here you will find links to useful websites, including some new links to access BCP services over the holidays. There are articles offering advice on a variety of issues linked with Mental Health and Wellbeing. There are lots of ideas you could try at home on the NHS website - www.nhs.uk/mental-health/self-help - and the December Happiness calendar also has daily wellbeing suggestions; use this QR code to access it.



If you are concerned about the mental health or wellbeing of your child, please contact your class teacher in the first instance. Teachers have details of a wide variety of charities and organisations which may also be of support.

And finally

At Baden-Powell, we always dedicate the first hour back after any holiday to wellbeing so that the children can settle back into their classes before starting the new half term: both staff and pupils find this really beneficial. We will continue to think about the Zones of Regulation - another way in which we empower our children to think about their own mental health and wellbeing.

Wishing you all a very merry Christmas - I hope it is a time for fun with your families but also of rest and relaxation.

Heidi Inns - Senior Mental Health Lead