



## Cononley Primary School Wellbeing Strategy

We aim to meet the needs of all out pupils through the Personal Health Social and Economic curriculum (Personal Social and Emotional Development in EYFS), through the Co-operative Learning Programme and the wider school curriculum (extra-curricular clubs, activities and opportunities).

Additional support can be provided in school for children who may have short term specific wellbeing needs. Children can be referred for specialist support if necessary.

| <b>Programmes and Strategies which provide wellbeing support for all children:</b> | <b>Children will (learn how to):</b>   |
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| PHSE Curriculum  | Learn about: <ul style="list-style-type: none"> <li>• Healthy relationships</li> <li>• Healthy lifestyle</li> <li>• Keeping safe</li> <li>• The future – making choices, setting goals, using money,</li> <li>• Becoming an active citizen</li> </ul>  |
| Co-operative Behaviour Programme<br><br>Getting Along Together<br><br>Circle Time  | <ul style="list-style-type: none"> <li>• Work in a team</li> <li>• Include everyone</li> <li>• Everyone participates</li> <li>• Develop friendships</li> <li>• Resolve conflict</li> <li>• Regulate emotions</li> <li>• Promote positive messages about each other</li> <li>• Work together to solve problems</li> </ul> |
| Assemblies   | <ul style="list-style-type: none"> <li>• Reflect on school values</li> <li>• Reflect on issues in society</li> </ul>   |
| Wellbeing Week   | <ul style="list-style-type: none"> <li>• Take part in annual Well Being Week and focus on 5 Ways to Wellbeing (1. Connect with other people · 2. Be physically active · 3. Learn new skills · 4. Give to others · 5. Pay attention to the present )</li> </ul>   |
| Clubs and Activities   | <ul style="list-style-type: none"> <li>• Choose clubs and activities to have fun and learn new skills</li> </ul>   |
| Supporting Charities   | <ul style="list-style-type: none"> <li>• Help other people</li> <li>• Be aware of children with different challenges</li> </ul>  |
| Roles and Responsibilities   | <ul style="list-style-type: none"> <li>• Help others in our school community</li> <li>• Look after others and our environment</li> </ul>   |
| Residential visits   | <ul style="list-style-type: none"> <li>• Develop resilience and confidence</li> </ul>  |
| Cluster Schools Sports and Culture Programme                                       | <ul style="list-style-type: none"> <li>• Develop resilience and confidence</li> <li>• Try new sports and activities</li> </ul>   |



## Staff Training

The majority of staff members have taken part in Compass Buzz Level 1 training which aims to provide schools with:

- A greater understanding of how mental health and wellbeing affects children and young people
- Confidence to recognise and reduce stigma
- The ability to promote wellbeing
- Awareness of risk and protective factors and how the resilience framework can be used with children and young people
- The opportunity to develop a whole school approach to promote mental health and wellbeing

## Mental Health and Wellbeing Lead

Our Mental Health and Wellbeing Lead is **Mrs Jaki Fraser**. She has completed Level 4 Compass Buzz Training.