



## How we support wellbeing at North Hinksey: a guide for new parents and carers



Welcome to North Hinksey Primary School. Please see below for strategies we use to support children's wellbeing.

**Supporting wellbeing is at the centre of our school vision.**

**As a whole school, we demonstrate this through:**

Our termly values

Our collective worship which links to our values

Our celebration assemblies show children demonstrating our values.

Personal, social, health education is taught weekly.

Worry boxes in communal areas



A behaviour policy which helps children identify why they are behaving in such a way and then provide support for them.

Having a range of competitions for children to enter

Having a buddy system when we can (where each class is buddied with another)

**As parents and carers, we try to support you by:**

Seeking your feedback through questionnaires

Signposting you to activities for your children in the school newsletter

Signposting you to organisations who can support you too

Sending home termly newsletters so that you know what your child is learning

Having regular meetings both virtually and in person

Staying in regular phone and email contact.

Showing you ways we are supporting your child so you can use them at home

**In classes, we support the children's wellbeing by:**

Making learning fun! We have interesting topics, which the children are part of choosing

Having (virtual) trips and visitors when we can

Having reward systems which celebrate our OTTER learning skills

Having PSHE sessions weekly

Having worry boxes in every class



Celebrating thankfulness and positivity in different ways

Teaching children about different emotions and how we can manage them

Teaching children grounding techniques

Teaching children additional games for playtime (and purchasing more equipment for them)

Teaching outdoor lessons where applicable, but regularly



Active 10 sessions (daily 10 minute sport activities)

**Some children need additional support to maintain their wellbeing. For these children we:**

Create individual plans (with you)

Offer small group support in school based on therapeutic principles

Refer to outside agencies where needed

Just so you know, we support our staff with their wellbeing because a happy teacher leads to a happy class! Workload is at the centre of decisions. Staff are encouraged to take planning time off site so they can have a clear head. We offer regular and targeted CPD and we give guaranteed lunchbreaks. Most importantly, we listen to what the teachers say and act on it. We offer supportive coaching to staff. We say thank you to them for often going above and beyond.