

Wellbeing at Maple Primary School

Over the course of their education, children spend over 7,800 hours at school. With such a huge amount of time spent in the classroom, schools provide an ideal environment for promoting good emotional wellbeing and identifying early behaviour changes and signs of mental distress. The social and emotional skills, knowledge and behaviours that young people learn in school can help them to build resilience and set the pattern for how they will cope with challenges and manage their mental health throughout their lives.

Emotional wellbeing is a clear indicator of academic achievement, success and satisfaction in later life. At Maple School, we appreciate that an awareness of mental health and wellbeing in school can lead to significant improvements in children's mental health and their social and emotional skills. Wellbeing provision within our school curriculum can also lead to reductions in classroom and playground misbehaviour and bullying.

Academic attainment, together with promoting the wellbeing of all students, is important. At Maple School we aim to achieve a balance through each of the following areas:

Personal, Social, Health and Citizenship Education

Class based PSHE programme

Circle Time in classes – a part of PSHE which provides a guided opportunity to help develop positive relationships between children through encouraging them to engage with and listen to each other.

Promotion of British Values in assemblies and through school ethos

School Council - Class Ambassadors take responsibility for pupil voice.

Eco-Council. The school has achieved two successful Green Flag reaccreditations.

Classroom support to help develop social groups and buddy systems for pupils who may have playground/ friendship issues.

Playground Squad, consisting of pupils who enjoy leading activities with other pupils on the playground.

House Teams in KS2

Physical wellbeing and Healthy eating

Daily exercise in each class eg daily run around perimeter of field
PE scheme of work for each year group
Outdoor Gym equipment in playground
Use of field/playground/running track at break times
School awarded The School Games Mark - Silver level - in Sept 2018
Large choice of extra-curricular physical clubs eg yoga, netball, cheerleading, fencing
Smartmoves for selected pupils to develop co-ordination skills
Science curriculum for each class covers aspects of healthy eating
Healthy School meals selected by families to ensure balanced diet
Fruit and vegetables for Infants each day
Each class make a healthy snack to sell in the playground
Class DT/ Science/PSHE projects incorporate healthy eating and making meals/snacks

Emotional and Mental Health and Wellbeing

Pilot school for “Mental Health Support Teams” in the Green Paper Trailblazer project 2019 to test models of mental health support teams working in schools.
Meeting and greeting in mornings by class teachers to each pupil
Class PSHE scheme ensures children are able to identify and discuss feelings and how to deal with them
Nurture groups within class, for pupils who need more opportunity to contribute orally.
Brain Gym
Draw and Talk for individual pupils, to aid their emotional expressiveness.
One to one counselling for individual pupils
Pupils referred to external organisations eg CAMHS
‘Green Team’ mindful gardening experience for Year 2

Online Safety

Presentation to parents about E- safety, held every four years
Class lessons in Computing linked to safety online

Newsletters refer to safety online as required eg accessing Instagram
Computing co-ordinator/ technicians monitor usage of ipads/laptops
Individual passwords for use of educational programmes
School awarded 3 successful reaccreditations of the ICT Mark, most recently in
March 2017

Anti-Bullying

Anti-Bullying and Behaviour and Discipline policies in place and updated annually
Assemblies used to support anti-bullying ethos
Class PSHE scheme ensures that children are able to recognise and identify bullying behaviour and that they know who they can talk to if they feel that this affects them.
Recognition of Anti-Bullying Week
Role models of staff to promote positive ethos

Staff Wellbeing

Regular Planning, Preparation and Assessment and Co-ordinator non-contact time for all teachers
Flexibility of swapping days with job-shares
Annual flu jab offered to all staff
Staff socials/one free group meal out once a year
Advisory Service supply insurance scheme which includes some medical support
Health check for staff, alternate years
Training in stress management
Free daily refreshments in staffroom
Positive working relationships and teams
Welcoming, calm and positive atmosphere in school
Staff training to develop skills and aid confidence
Calm environment for breaks
Staff valued and supported, both professionally and personally
Low staff turnover
Positive and welcoming atmosphere in school
Non- threatening staffroom ambience
Valued community feel