Eastcroft Park Primary School

Promoting Wellbeing and Positive Mental Health

"Proud to be the best that I can, a seeker of knowledge, secure in a diverse and changing world"

As a school, we are proud to promote the positive wellbeing and mental health of all of our stakeholders: pupils, staff, parents, governors.

Please see below how we aim to promote and provide opportunities to improve wellbeing and mental health:

Aspect of wellbeing:	How we promote it:
Connect	• 'Connect Us' aspect of PSHE Jigsaw Lessons; • PSHE Jigsaw units on friendship, people in my world; • Breadth of resources on hand for anyone struggling to make connections: learning mentor time, dog therapy, play therapist, messy play.
Be Active	• Weekly PE lessons; • Daily Mile activities; • Morning and after-school sports clubs; • Taking part in sports competitions and representing our school; • Sports activities on our termly homework challenges.
Take Notice	• Mindfulness activities; • 'Calm Me' aspect of PSHE Jigsaw Lessons; • Calm areas and calm kits designated to each class; • Mindfulness and Yoga clubs; • Wellbeing Champions who are on-hand to pupils at break and lunchtime; • Staff who are trained to notice signs of poor mental health or wellbeing in children, staff, parents and stakeholders.

Keep Learning	• Range of lunchtime and after-school clubs to learn a range of new skills; • Military School and Forest School curriculum enhancements.
Give	• Volunteering for roles in and around school (PLT, school council, monitors, wellbeing champions etc); • Regular charity and fundraising events.