



Wellbeing at St Mary's CEP School

The Wellbeing and Mental Health of our pupils, families and our school community is a priority for us all.

- ✿ Over the past few years we have worked hard to promote wellbeing and ensure we have provision in place to support our pupils and families. This includes;
- ✿ Appointment of a Staff Wellbeing Team in school.
- ✿ A designated Wellbeing Champion available to support children in school and also Parents/ Carers and their families.
- ✿ Wellbeing Ambassadors in place to support pupils and assist us in ensuring we provide the support our pupils need in school.
- ✿ A dedicated Wellbeing page on the school website with information, advice and updates on Wellbeing and Mental Health in schools, the local area and also Websites with resources and advice for pupils and and their families.
- ✿ Termly questionnaires for pupils, parents/ carers and staff to collate their opinions and ideas regarding our wellbeing provision in school.
- ✿ Worry boxes in each class for pupils to access.

On the Wellbeing section of the website, ypu will find information on our Wellbeing Team, our Ambassadors and the work that we do to support each other. Please contact the Wellbeing Team if you have any questions.



Our Wellbeing Mascot



Five Ways to Wellbeing are simple, small, but effective steps you can take to improve your mood and help you to be more aware of the activities that have a positive impact on your wellbeing.

Steps to mental wellbeing

- ✖ **Connect with other people.** Good relationships are important for your mental wellbeing.
- ✖ **Be physically active.** Being active is not only great for your physical health and fitness, but for your mind.
- ✖ **Learn new skills.**
- ✖ **Give to others.**
- ✖ **Pay attention to the present moment (mindfulness).**



Here are some websites that can offer advice, support and resources regarding wellbeing, mental health, and bereavement amongst other issues.

- ✖ **Child Bereavement**
- ✖ **Young Minds**
- ✖ **Charlie Waller Memorial Trust**
- ✖ **Be Kind to Your Mind**
- ✖ **Child line**

Or visit the Wellbeing page on the School website. If you still can't find what you're looking for, you can contact the school office on 01204 333494 or email the office on office@st-marys-deane.bolton.sch.uk. If you would like to speak to Mrs Ash, Wellbeing Champion, contact the main office or email ashj@st-marys-deane.bolton.sch.uk

Alternatively, you are always able to speak to a member of staff that you feel comfortable talking to.

