

# WELLBEING AT ...



**Stanton Bridge  
Primary School**



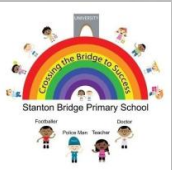
- **Thank-you** to all of our parents who attended today's parent meeting on Wellbeing at Stanton Bridge, we really appreciate your support.

If you were not able to attend today's meeting, we have attached the information in this link for you. Please **read the information** and **then complete the questionnaire** which has been sent home with your child. Please note the questionnaire is **double sided**.

- **Please fill in the form and return to your child's teacher by Friday 21<sup>st</sup> March 2025.**

Please let us know if you need any help filling in the questionnaire.

If you attended today's meeting and have already completed the questionnaire, **you do not need to do this again.**



# WELLBEING AT STANTON BRIDGE

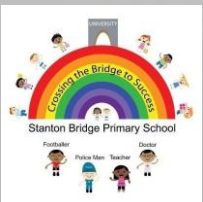


- Achieved **Wellbeing Award in 2019** – Refresh

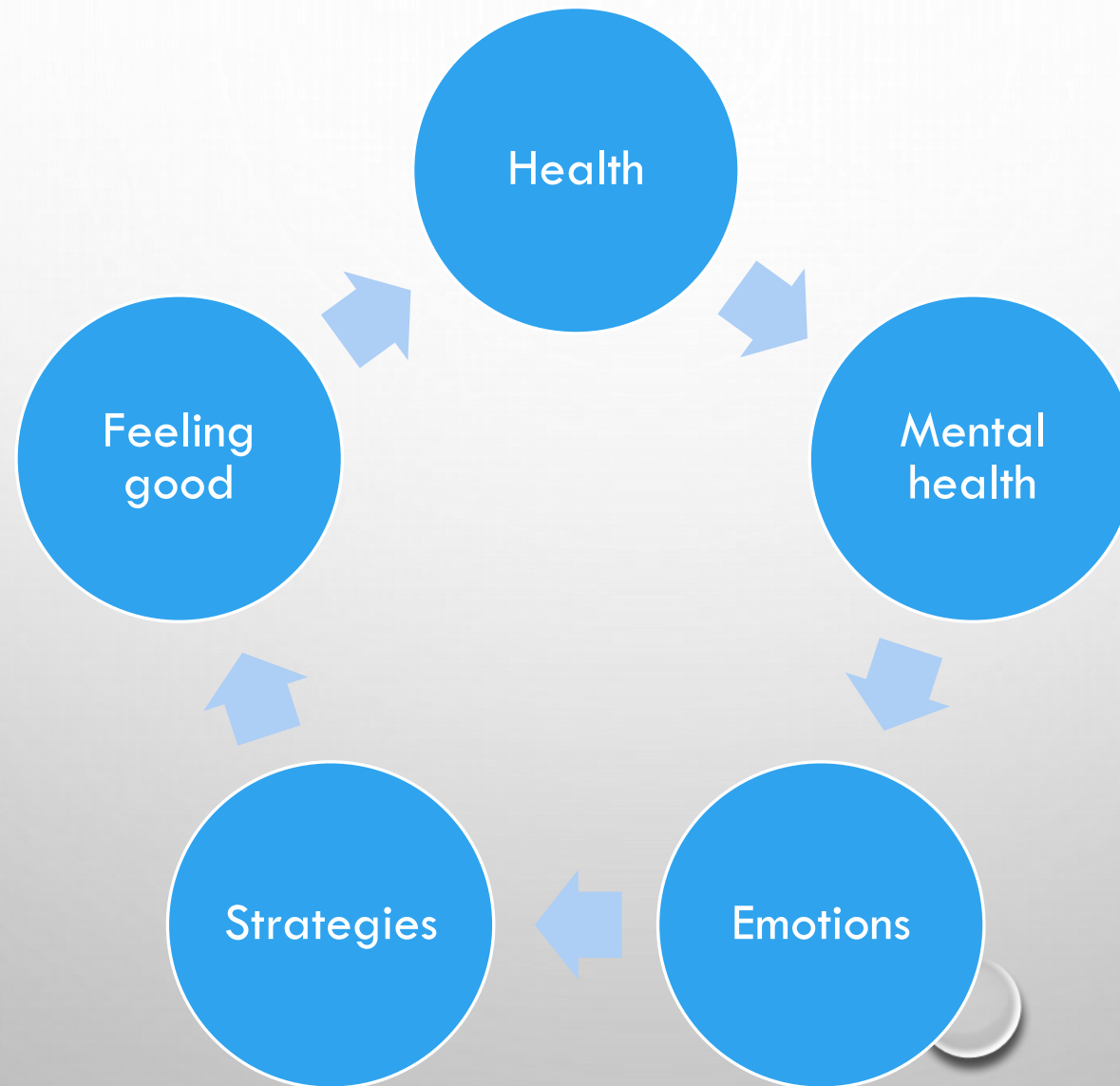
As a school, we go **above and beyond** for the wellbeing of our whole school community.

-We support the wellbeing of our pupils, parents, and staff and is a high priority.

- We have a wellbeing team who look after the delivery of wellbeing in school and are involved in the Award.

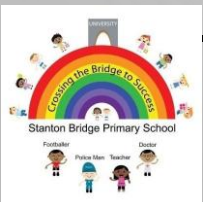


# WHAT IS WELLBEING?



# WHOLE SCHOOL WELLBEING

- **Central To our Mission** - Developing a whole-school approach requires positive mental health and wellbeing for all.
- **Our school values:**
  - Listening
  - Thinking flexible
  - Relationships
  - Care
  - Equality
- Through working closely together, everyone should feel that they belong in the **inclusive and respectful** school environment.

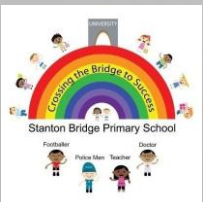




# PUPIL GENERAL WELLBEING

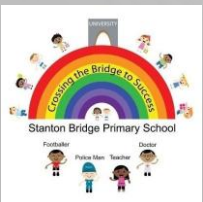


- **MEDITATION** – EVERY MORNING AND AFFIRMATIONS
- **BUBBLE TIME** - MENTORS SUPPORT
- **CBT** - PUPIL WELLBEING CHAMPIONS SUPPORT OTHERS
- **EXTERNAL SUPPORT** - SIGNPOSTING, SCHOOL NURSE, ETC.
- **CONFIDENCE CLASSES** - WITH MENTORS OR EXTERNAL STAFF
- **IN CLASS SUPPORT FROM STAFF** - CALMING STRATEGIES, CIRCLE TIME, ASSEMBLIES, WHOLE CLASS CALMING TECHNIQUES EMBEDDED INTO DAILY ROUTINE
- **P4C CURRICULUM** – WHOLE CURRICULUM
- **CLUBS** – BREAKFAST, AFTER SCHOOL



# PARENTAL WELLBEING

- **WELLBEING CHECKS** - VIA PHONE CALLS HOME, FACE TO FACE MEETINGS
- **EXTERNAL SERVICES SUPPORT** – SIGNPOSTING AGENCY
- **FINANCIAL SUPPORT** - VIA GREGGS HARDSHIP AND OTHER EXTERNAL SUPPORT (UNIFORM GRANTS, WHITE GOODS, FOOD PARCELS)
- **REFERRALS** - SCHOOL NURSE & EARLY HELP SUPPORT
- **WORKSHOPS** – LEARNING SUPPORT/TRAINING
- **LEAR SUPPORT** - FOOD PARCELS/GROCERY SHOPPING



**Thank-you** for your continued support.

**Wellbeing** is important for **all** of us!

