

## Wellbeing

Ted is our school dog, he is a very friendly and calm cavapoochon he likes to visit the classes, listen to children read and look at their work, he even gives out his own stickers!

Read more about Mindfulness at AKPS [here](#)

Read more about MISP (Massage in schools programme) [here](#)

*If your child does not want to give or receive massage they do not have to. It is important for you as parents and carers to know that they have a choice. If your child has any medical conditions which may be affected by this massage, please discuss with your GP before making the decision whether your child should take part in the MISP programme and advise the school accordingly.)*

Staff wellbeing - we are committed to staff wellbeing and ensure we regularly check in with our team, have a pastoral governor to support staff as required (Rev Shirley), provide team building and wellbeing activities such as staff and governor yoga, Zumba and massage treatments for all staff from a trained professional.