

# ASHTON KEYNES

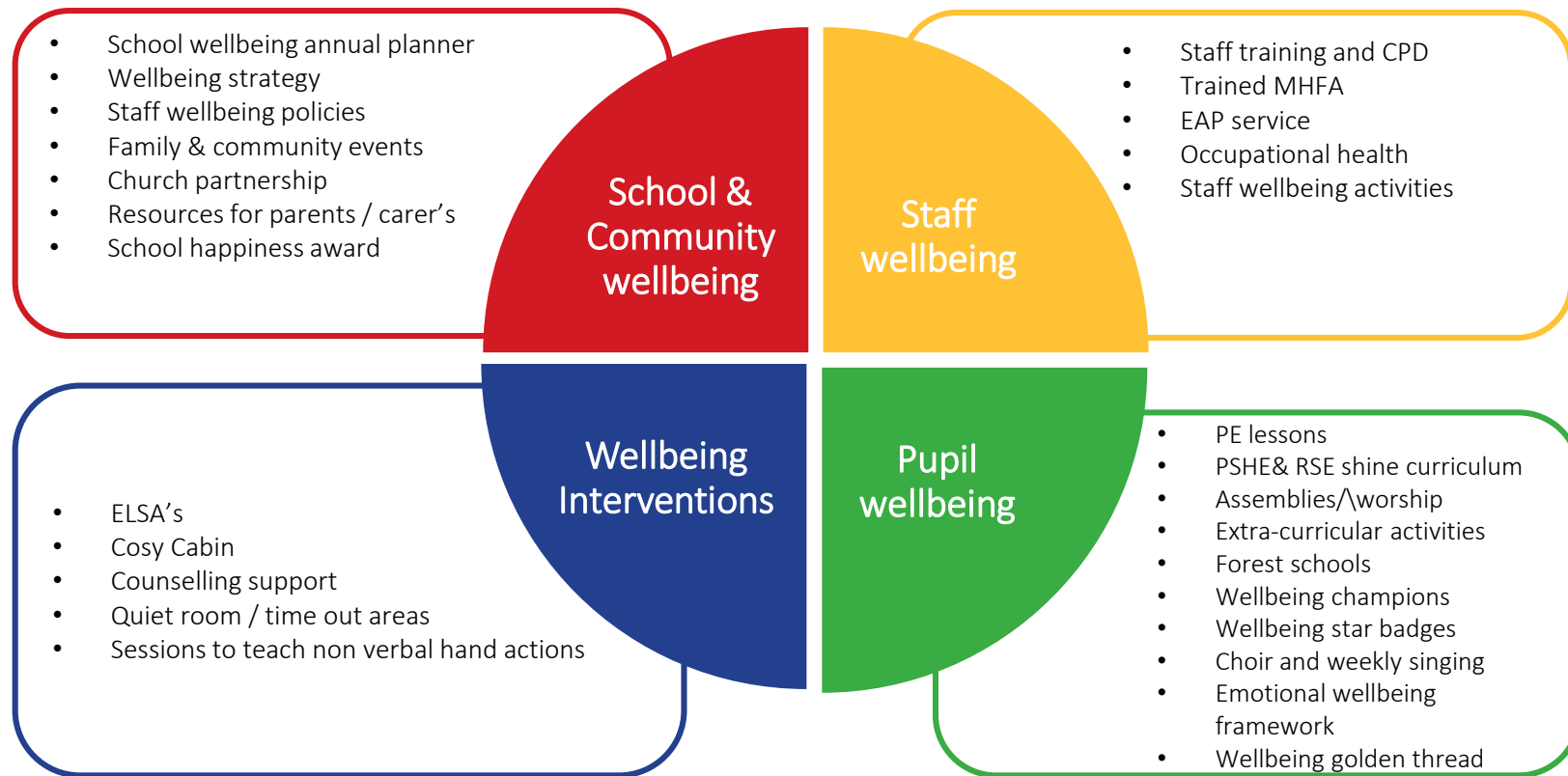
Church of England VC Primary School

SHINE BRIGHT ★ REACH FOR THE STARS



Wellbeing 2022-2023

# Whole school approach to wellbeing at AKPS



# AKPS Wellbeing Approach

## Our mission

To create a positive culture where health and wellbeing is embedded across our school and community so staff, young people and their families feel valued and supported to thrive, connect and achieve.

## 5 ways of wellbeing

Connect

Be Active

Keep Learning

Give to others

Take Notice

Wellbeing committees / Pupil Voice

ELSA's

Wellbeing champions / Wellbeing awards

PHSE & Rse shine Curriculum / Emotional framework

PE lessons and extra-curricular programme

Staff CPD and wellbeing activities

## Our enablers

## Measures of success

- Staff or pupil and parent feedback / surveys
- Wellbeing champions
- Active participation across school
- Staff / pupils absence levels
- EAP / occupational health data
- Happiness award

# AKPS 2022-2023 wellbeing plan

Plan / Activities	Who	Implement
Staff resilience training	Caroline Sidell	23 <sup>rd</sup> November 2022
Introduce Wellbeing strategy to staff and Governors & 5 ways to wellbeing award	Mrs. Saville	Term 2
Deliver wellbeing champions training to years 5 and 6 pupils	Caroline Sidell	Term 2
Introduce 5 ways to wellbeing and learn the song linked to wellbeing star	Mrs. Saville / Mrs. Crowley	Term 2
Introduce feelings 5 part hand signals	Mrs. Saville	Term 2
AKPS Framework for emotional learning	Class teachers	Term 3
Wellbeing support resources for parents and carers	Mrs. Saville	Term 3
School happiness award	Mrs. Crowley	TBC

## Wednesday 23<sup>rd</sup> November

This workshop will improve our ability to thrive during personal and professional challenges, transitions and adversity.

- Identify and understand resilient characteristics and behaviours
- Understand how to build your own personal resilience to feel emotionally fit
- Know how to navigate through life more positively
- Your own resilience snapshot – an exploration of our own strongest resources
- Create your own resilience building action plan

1 – 2 hours

- Understand what we mean by a healthy mind
- Identify how we can keep a positive, happy mind using the 5 ways to wellbeing linked to wellbeing star badges
- The role of a wellbeing champion
- Create an action plan



# 5 Ways to Wellbeing



## Five ways to wellbeing

Evidence suggests that there are 5 steps you can take to improve your mental health and wellbeing. These are known as the 5 ways to wellbeing. They are:

- connect
- be active
- keep learning
- give
- take notice



TALK & LISTEN,  
BE THERE,  
FEEL CONNECTED



DO WHAT YOU CAN,  
ENJOY WHAT YOU DO,  
MOVE YOUR MOOD



REMEMBER  
THE SIMPLE  
THINGS THAT  
GIVE YOU JOY



EMBRACE NEW  
EXPERIENCES,  
SEE OPPORTUNITIES,  
SURPRISE YOURSELF



Your time,  
your words,  
your presence

# AKPS Wellbeing Award

## Five Ways to Wellbeing



- To achieve a wellbeing award pupils must complete 8 activities from across each of 5 x ways to wellbeing
- Pupils can evidence their activities in a logbook or get each one signed off by a teacher.

### 1. Connect

- talk to your friends and family
- help a friend or neighbour
- eat a meal with your family
- make a new friend
- say hello
- bake some cakes and share them





## 2. Be active

- dance to your favourite song
- walk a dog
- hula hoop
- join a sports team
- play a game in the playground
- walk or cycle to school
- help in the garden
- run a race with friends
- make up your own sport

## 3. Take notice

- look what you can see out of your window and how it changes
- paint or draw a picture of what you've seen today
- think about how you are feeling today
- listen to the sounds of nature like the wind and rain
- play I spy
- notice how your friends or family are feeling today



## 4. Keep learning

- learn a new word each day
- visit a museum or art gallery
- try out a musical instrument
- do a word search
- try a new food
- learn to cook a new recipe
- study an animal or bug
- visit a new place
- write a story or song



## Five Ways to Wellbeing



## Give

- smile and say thank you
- make a homemade present or card for no reason
- hold a door open for someone
- give someone you love a hug
- send your old toys to a charity shop
- share with others
- help around the house - wash the dishes or do some dusting
- listen to someone else and how they are feeling

# 5 Ways to Wellbeing – song to learn



Gloucestershire  
Healthy  
Living and Learning

- Lyrics & Chords: [Lyrics and Chords](#)
- Videos (whole playlist):

<https://www.youtube.com/playlist?list=PLI17cxItW2XeZGSzy8eBSZ5WsdqZYj6ob>

- The Music Video: <https://youtu.be/fvI2Or7w3HM>
- Introduction from The Music Works: <https://youtu.be/F83dVKfPKbs>
- Signing Video: <https://youtu.be/PWMqgcX2J9>
- Lyrics and Instrumental only: <https://youtu.be/s0BvVTsYZuw>

# 5 Ways to Wellbeing – song to learn



# Hand Signal Check in

- Two hands rolling – Feeling excited
- Thumbs up – Feeling good and happy
- Stop sign – I don't want to talk
- Two hands down – I feel sad
- Hands by head and down – I feel worried
- Hand signal for non verbal accessibility an for descelation

excited



sad



worried



At AKPS we want to support all young people to:

- be confident in themselves
- engage and interact with the world around them
- manage stress and change
- express their emotions
- play a positive role in their home and work life



Term 1	1	2	3	4	5	6	7	8	9	10	11	12
Class R	Being positive		Resilience	Challenge		Feelings		Being calm		Connections		
Year 1	Positivity		Resilience	Healthy mind		Feelings and emotions		Anger management		Being mindful		
Year 2 <b>thrive to 5</b>	5 ways to wellbeing intro		Be active	Connect		Take notice		Keep learning		Give		
Year 3	Positivity		Resilience	Healthy mind		Feelings and emotions		Leadership		Connections		
Year 4 <b>thrive to 5</b>	5 ways to wellbeing intro		Be active	Connect		Take notice		Keep learning		Give		
Year 5	Positivity		Resilience	Healthy mind		Feelings and emotions		Leadership		Connections		
Year 6	Coping strategies		Self control	Support network		Habits		Balance		Hobbies		

Term 2	1	2	3	4	5	6	7	8	9	10	11	12
Class R												
Year 1	Confidence		Determination		Pride		Keeping cool		Support network		Happiness	
Year 2 Thrive to 5	Rest and sleep		Challenge		Hobbies							
Year 3	Confidence		Determination		Hobbies		Healthy habits		Pride		Being mindful	
Year 4 Thrive to 5	Rest and sleep		Character		Making choices							
Year 5	Respect		Responsibility		Being mindful		Game plan		Habits of the mind		Self management	
Year 6	Belief		Focus		Motivation		Aspirations		Life journey		Anger management	



Term 3	1	2	3	4	5	6	7	8	9	10	11	12
Class R												
Year 1	Honesty		Self awareness		Motivation		Compassion		Independence		Patience	
Year 2 Thrive to 5	Honesty		Self regulation		Motivation		Compassion		Independence		Patience	
Year 3	Honesty		Self regulation		Motivation		Compassion		Independence		Patience	
Year 4 Thrive to 5	Honesty		Self regulation		Motivation		Compassion		Independence		Patience	
Year 5	Honesty		Self regulation		Motivation		Compassion		Independence		Patience	
Year 6	Honesty		Self regulation		Motivation		Compassion		Independence		Patience	

- Half termly wellbeing activities for home – linking with the 5 ways to wellbeing
- Social opportunities – assemblies, stay and share sessions, fireworks, events, fetes, concerts etc
- Family / parent / child activity sessions
- Parent / carer wellbeing workshops – mental health / physical health
- Parents and carers drop-in sessions / information evenings
- Parent forums