

FIVE WAYS TO WELLB



Your time,
your words,
your presence



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



EMBRACE NEW
EXPERIENCES,
SEE OPPORTUNITIES,
SURPRISE YOURSELF



TALK & LISTEN,
BE THERE,
FEEL CONNECTED

INTRODUCE THESE SIMPLE STRATEGIES INTO YOUR LIFE AND YOU WILL FEEL THE BENEFITS.



At Wincham Community Primary School, we are committed to achieving good wellbeing for all children. This outlines our formal commitment to supporting children to achieve positive mental health.

Give

- An inclusive school environment where all are valued and respected equally.
- All adults in school are committed to spending time with children to help them in whatever way is needed.
- Feedback policy that relies on adult interaction with children to make sure they are supported in their learning.
- A Homework policy that recognises that children have rich and varied experiences outside of school, and is supportive of this, as well as providing a wide range of digital resources to support children and parents with immediate feedback on meaningful and fun learning opportunities
- The school uses the No Outsiders scheme to actively promote the Equality Act 2010.
- An active PTA who are committed to events that are fun for the children to engage with.
- A commitment to the local community through engagement with local charitable initiatives decided by the School Council
- The opportunity to develop leadership in a range of ways - School Council, NEP Pupil Parliament, Nursery Helpers, Sports Crew, Fun Friends



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Be Active

- Play equipment in the outdoor environment to encourage activity - trim trail, outdoor gym equipment, dedicated football area, large playground, golden mile track, pirate ship climbing frame.
- Wide range of after school sports opportunities including Multiflex, football club, cricket club, and others throughout the year



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- Outdoor and adventurous activities residential trip in Lower Key Stage 2, Year 5 & Year 6
- Wide range of sports competitions through the Vale Royal Sports Partnership.
- Sports Crew - children in Year 6 who work with the PE/ Sport lead to develop sport within the school including running regular games for younger children at playtimes
- Regular active learning lessons where children use movement to help them commit key facts to memory
- Regular use of the school's orienteering course across the curriculum
- Movement breaks in the day as necessary using GoNoodle, iMoves, Cosmic Kids Yoga and others
- 6 weeks of Forest School linked to the curriculum for every class, every year
- Playtimes have a rota for each year group to use different equipment on different days, ensuring equitable access for all, as well as making sure that children play a range of games.
- Grounds that are accessible all year round
 - A commitment to regular 'taster days' to experience different sports as well as the chance to see/ meet/ hear from a range of inspirational people as role models during assemblies.

Keep Learning

- A curriculum based on the skills and attributes we feel as a school community are important for the children.
- [A clearly planned and structured curriculum](#) that is designed to excite, motivate & engage the children to enjoy learning, and to want to learn more, including
 - Objectives from the National Curriculum
 - A key question that forms the focus for the topic
 - Progressive development the children's acquisition of knowledge and vocabulary in order for them to deeply understand the key concepts of the curriculum they are being taught
 - Building on existing prior knowledge
 - An exciting 'hook' for learning to engage, motivate and enthuse the children
 - A key, high quality book for the half term which links to the wider curriculum
 - Strong, meaningful links between subjects wherever possible to connect learning
 - Building up memory, so that when children encounter a new topic, they will be able to activate prior learning and make connections
- A commitment to teaching children about the Sustainable Development Goals, or "Global Goals" and how they are applied to Citizenship at every level. This includes:
 - Links to the Global Goals being made as appropriate through every subject
 - Global Goals fortnight happens annually in October to model the specific application of the global goals with a citizenship focus, culminating in an open afternoon for parents
 - Sharing our global learning links with parents in weekly newsletters
- Commitment to experiences that enhance life and wellbeing, including sports and other activities, such as theatre trips, and other learning outside the classroom activities as well as inspirational visitors
- Whole school agreed policy on what classroom displays should feature to support children in their learning including display material to support wellbeing such as visual timetables
- 10 weeks of specialist brass tuition for all Year 4 children
- Wide range of after school clubs to enrich children's lives which are changed each term to allow children to experience a range of activities
- A commitment to increasing the experiences for all children through sport, with coaches for a wide range of sports being used as well as inspirational speakers



- A learning environment and teaching approach in keeping with autism friendly principles, including a daily visual timetable so children know and understand what they are doing each day

Connect

- A curriculum based on global learning, allowing children to see links between their own lives and those in other parts of the world, especially our partner school, [Njoro DEB Primary School in Kenya](#).
- Regular visits between schools in England and Kenya which highlight the differences and similarities between the 2 schools.
- Sports Crew (Year 6) & Fun Friends (Year 2) with Play Leader training to help facilitate playtimes.
- Representation at the Northwich Children's Parliament.
- Junior Safety Officers regularly share information with children about how to stay safe at different times of the year.
- The School Council, supported by a teacher and a school governor, makes an active contribution to school life, through developments within the school and leading events beyond the school.
- Participation in Y1 Making Friends at Marbury, Northwich Sings concert (Year 5), and the Northwich Art Trail activities (Year 2 & 4), Year 3 Dance.
- Miss Boag-Munroe (Higher Level Teaching Assistant) is an Emotional Literacy Support Assistant and can work with children to help them.
- External support from Play Therapists and Art Therapists as appropriate.
- Teachers and teaching assistants are Mental Health First Aid trained.
- Quiet areas in school where children can spend time at playtimes or lunchtimes as necessary, by arrangement with staff.
- Sensory processing work that helps to meet children's needs so they can learn effectively



Take Notice

- A clear Spiritual, Moral, Social & Cultural theme for the week which is used as the theme for Star of the Week certificates.
- Celebration and recognition of individual achievements through Reader of the Week, Writer of the Week and Mathematician of the Week.
- Participation in national events to take notice of the wider world eg Pride Month, National Sports Week, World Book Day.
- Use of online systems (Class Dojo, Twitter) to share successes with parents
- Class based rewards such as star of the day etc.
- Whole school agreed policy on the use of displays to celebrate children's work.
- Whole school culture of celebrating personal improvement and development.
- Regular use of mindful activities in class and assemblies to help ground the children in the present, taking notice of the good things around them
- Commitment to using books and stories about inspirational people to reflect on what they have given us, and then how we can affect the world around us in the way they have
- Library with dedicated reading recommendations from each class, for each week
- Use of 'mindful moments' in assemblies where children use gratitude to support mental health.

