



# Willington Primary School



## Pupil Wellbeing Policy

Willington Primary School is a place where everyone has the right to be themselves. It's a place where everyone can feel safe, be happy and learn. Everyone at our school is equal and acts with respect and kindness towards each other.

### What do we do to help us feel good about ourselves?

We promote well-being and positive mental health by supporting each other and trying to make sure that we are kind and friendly, helpful and co-operative. We use our **REACH** values as a basis for all that we do in our school. We **R**espect other people, both pupils and adults alike; show **E**mpathy to others; **A**spire to be the best that we can be; **C**ollaborate well with our peers and as a whole school; and show **H**onesty to everyone at all times.

Each week, we have celebration assembly where we receive 'High Five Values' certificates to congratulate pupils who have shared the **REACH** values during the week, and 'Star of the Week' certificates for those children who have worked hard in one of their academic subjects during the week. During this assembly, we also celebrate achievements where pupils have been successful outside of school, ranging from swimming achievements to music awards.

### What should we do with our worries?

We believe that we should talk about our worries. This helps stop them becoming big ones that will not go away. In every classroom, we have a special place to record our worries (in words or pictures), then work together, and think about how to make them better. In every class, we have an 'Ask-It Basket'. In here, you can write down or draw any worry that you may have. This can be written alongside your name or without your name if you prefer. Your teachers check this basket at least every week and use time in the lessons to talk to children about their worries.

### Who can we talk to if we are feeling worried?

At our school, we encourage all children to talk to any member of staff about their worries. This could be the class teacher or teaching assistant who is working in the classroom. However, we also know that sometimes a child may feel that they would prefer to speak to a different trusted adult in school. The teachers also teach PSHE lessons each week where lots of different topics are taught, including 'Bullying', 'Being Me' and 'Growing Up'. In these lessons, there are planned times to talk to friends and the class.

We also have many kind and friendly teaching assistants who help us across the school. One of these is a specially trained ELSA (Emotional Literacy Support Assistant) who will listen and help us to talk about our feelings and any worries we might have. She is very good at listening and helping. If we want to talk to her, we just ask our teacher and they arrange it all for us! We also have positive play sessions available where children are able to go to in small groups to develop friendships and talk about any problems that they may have with a teaching assistant.

### What we do in school to help us with our wellbeing

We take part in the Anti-Bullying Week during November each year where we talk about the importance of being unique and the differences that we all have. We also take part in Mental Health Awareness Week during October and Children's Mental Health Week during February each year. Within our lessons, we also teach about different wellbeing and mental health strategies which we can use to help us.

At our school, we use the Zones of Regulation to encourage us to talk about how we are feeling. We talk about how it is OK not to feel OK, and different ways in which we can move between different 'Zones' of feelings. On mornings when we may feel in an angry or upset zone, we are given the opportunity to work with an adult to help us to have a 'softer landing' and, instead of attending the morning assembly, we are able to talk about our feelings. This then helps us to settle and be ready for learning and the day ahead.

Each classroom also has a regulation station. We understand that at times, all children may become upset or dysregulated. Therefore, in all classrooms, children have access to the regulation station which they are able to use to calm down and be able to be ready to continue with their learning once again.

We also have a purpose-built wellbeing garden. This can be used for pupils when they may want a quiet area in natural surroundings to talk about their worries with a member of staff.

### What is bullying?

At Wellington Primary School, we take the issue of bullying really seriously. We teach children across the whole school about what the term 'Bullying' means and what children can do if they think that they are being bullied. At our school, we have agreed that the term 'Bullying is when a person is hurtful or unkind to someone else, on purpose and on several occasions. This could be done either face-to-face or online. Bullying can be done by one person or by a group of people and can be towards one person or a group of people. A useful way to remember bullying is:

*Several*

*Times*

*On*

*Purpose*

### *Why does bullying happen?*

Although bullying doesn't happen very much at this school, it might happen.

Bullies can be older or younger than you, bigger or smaller than you. Bullies pick on people who may be different in some way and try to make them feel worse about themselves. If you are being bullied remember that it is never your fault.

### *What should I do if I think someone is being bullied?*

Talk to the person and ask if they're ok and try to find out if they are being bullied. If they are, ask if you can help them talk to a teacher or an adult they trust.

### *What should I do if I'm being bullied?*

If you are being bullied it is important to tell someone you trust. Tell an adult or friends, either at school or at home. If you have already told an adult about bullying, you can still tell them again. You can:

- Tell any adult in school
- Tell an adult at home
- You can also write a note about the bullying and put it in the 'Ask-It Basket'
- You can also call ChildLine at any time for free on 0800 1111. They will not tell anyone else about what you have said.