



D'EYNCOURT

PRIMARY SCHOOL

At D'Eyncourt, we aim to be our BEST.

Be Kind and Caring

Excel in Learning

Show Respect

Take on challenges

Health and Wellbeing - A whole school approach

Teaching pupils about physical health and mental wellbeing is to give them the information that they need to make good decisions about their own health and wellbeing. It enables them to recognise what is normal and what is an issue in themselves and others and, when issues arise, know how to seek support as early as possible from appropriate sources. Physical health and mental wellbeing are interlinked, and it is important that our pupils understand that good physical health contributes to good mental wellbeing, and vice versa.

At D'Eyncourt, have six key areas that, through PSHE, the children learn the valuable skills to learn effectively and become resilient learners. It is important for us at D'Eyncourt to promote pupils' self-control and ability to self-regulate, and teach the children strategies for doing so. This will enable them to become confident in their ability to achieve, well and persevere even when they encounter setbacks or when their goals are distant, and to respond calmly and rationally to setbacks and challenges. This integrated, whole-school approach to the teaching and promotion of health and wellbeing with our BEST ethos at the core has a positive impact on behaviour and attainment. We aim to reduce stigma attached to health issues, in particular those to do with mental wellbeing. We promote an atmosphere that encourages openness; meaning that pupils feel they can check their understanding and seek any necessary help and advice as they gain knowledge about how to promote good health and wellbeing.

Healthy - Having the highest attainable standards of physical and mental health and support in learning how to make healthy and safe choices

- I can express my feelings and talk about them to others
- I know that we all experience a variety of thoughts and emotions that affect how we feel and behave
- I know who I can talk to when I need help and advice
- I understand that talking to others is important for my mental health and wellbeing
- I understand the value of a good nights sleep to support a healthy lifestyle
- I understand the importance of a balanced diet and exercise for a healthy body and mind
- I recognise that each individual has their own talents and abilities

Mindful - Having opportunities to play active and responsible roles in school

- I can express my feelings and talk about them
- I know that we all experience a variety of thoughts and emotions that affect how we feel and behave
- I know that friendship, caring, sharing, fairness, equality and love are important in building relationships
- I understand the importance of mental wellbeing and this can be nurtured through positive relationships and personal coping skills.
- I understand that people can feel alone and can be misunderstood and left out by others
- I am learning to give appropriate support to others
- I recognise that each individual has their own talents and abilities
- I contribute to the whole school ethos, making the school community the best it can be

Safe - Being protected from abuse, neglect or harm at home, at school and in the community

- I can express my feelings and talk about them to others
- I know who I can talk to when I need help and advice
- I understand that talking to others is important for my mental health and wellbeing
- I understand that my feelings and reactions can change depending on what is happening around me. This helps me to understand my own behaviour and the way others behave
- I understand the importance of mental wellbeing and this can be nurtured through positive relationships and personal coping skills.
- I am learning skills that will support me in challenging times particularly in times of change and loss

Nurtured - Having a nurturing place to live and attend, with additional help if needed

- I know who I can talk to when I need help and advice
- I understand the importance of friendships and building positive relationships
- I know that we all experience a variety of thoughts and emotions that affect how we feel and behave
- I know that friendship, caring, sharing, fairness, equality and love are important in building relationships
- I understand the importance of mental wellbeing and this can be nurtured through positive relationships and personal coping skills
- I contribute to the whole school ethos, making the school community welcoming and inclusive, making it the best it can be

Responsible - Having opportunities to play active and responsible roles in school

- I can express my feelings and talk about them to others
- I know that we all experience a variety of thoughts and emotions that affect how we feel and behave
- I know that friendship, caring, sharing, fairness, equality and love are important in building relationships
- I understand the importance of mental wellbeing and this can be nurtured through positive relationships and personal coping skills
- I understand that people can feel alone and can be misunderstood and left out by others
- I am learning to give appropriate support to others
- I recognise that each individual has their own talents and abilities
- I contribute to the whole school ethos, making the school community welcoming and inclusive, making it the best it can be

Achieving - Being supported and guided in learning and developing skills, confidence in my own abilities and self esteem

- I am aware of my abilities and how I need to work on my insecurities
- I am learning ways to cope with uncertainty and hope to cope in certain situations
- I am learning skills and strategies to support my academic achievements
- I understand the importance of positivity and gratefulness
- I understand the value of a good nights sleep to support a healthy lifestyle
- I understand the importance of a balanced diet and exercise for a healthy body and mind
- I recognise that each individual has their own talents and abilities
- I contribute to the whole school ethos, making the school community welcoming and inclusive, making it the best it can be

