



Whiston Willis Primary Academy

FIVE WAYS TO WELLBEING- DEVELOPING POSITIVE MENTAL HEALTH AND WELLBEING.



Whole school approach to developing 5 ways to Wellbeing for all stakeholders.

Each year in Autumn 1 we will introduce/revisit the 5 Ways to Wellbeing. World Mental Health Day will be used as a further opportunity to develop this understanding at an overall level.

To deepen understanding for our children in each separate area, each half term from Autumn 2 to Summer 2 we will take part in 6 weeks of Wellbeing activities. These will focus on the 5 ways to wellbeing – Connect, Keep learning, Take Notice, Be Active and Give.

We will work on a 6 week cycle and each term will follow the same cycle just with alternative activities relating to the wellbeing selected that term.

At the start of each term, children from each year group will make a short video outlining what the topic of that term will be and what activities they can take part in at home. All of these activities will take place on a Wednesday (apart from Week 1 assembly) and as teachers we can tweet #WWPAWellbeingWednesday

The outline

Week 1 – Assembly outlining the importance of that term's focus.

Week 2 – A home activity that parents can tweet, it is important that we retweet and comment on these to show a whole school approach.

Week 3 – Will be an in-class activity to replace a 15 minute starter (EBM or Spelling/Handwriting) on a Wednesday

Week 4 – Pupil leadership will plan and partake in an activity based in the nurture building or the playground on the Wednesday. This will mean that the pupil leadership team will need to be out of class from 12pm in order for them to set up for KS1

Week 5 – A whole school activity, this will be a KS2 class paired with a KS1 class. Teachers and TA's from all classes will need to attend to support children. Activity to take approximately 30/45 mins

Week 6 – A staff wellbeing activity to create a whole school approach towards wellbeing.

OVERVIEW:

	AUTUMN 2	SPRING 1	SPRING 2	SUMMER 1	SUMMER 2
APPROACH	Connect	Keep Learning	Take Notice	Be Active	Give
Week 1	Complete an assembly outlining the means and activities that will take place that coming term.	Complete an assembly outlining the means and activities that will take place that coming term.	Complete an assembly outlining the means and activities that will take place that coming term.	Complete an assembly outlining the means and activities that will take place that coming term.	Complete an assembly outlining the means and activities that will take place that coming term.
Week 2	Complete a home activity – Connecting with a friend or family member.	Learn a new skill at home or an activity that they take part in.	Complete a home activity completing a yoga or mediation activity at home.	Children to complete an exercise activity at home. Eg – football match, going to the park, running/skipping on the spot.	Children to do something nice for someone else. Eg – giving their time to someone, giving someone a hug, making a card for someone, giving to the local community.
Week 3	In class activity: This will be pairing up with another child from their class who they wouldn't usually connect with and read a book of their choice with one another.	In class activity: Complete the sheet 'find someone who' to help them learn more about their class friends.	In class meditation: Taking notice to the world around them, using their 5 senses. Discussion to take place after about how important it is to stop and take notice to the world and our surroundings.	Children will complete an active activity, circuit will be set up in the hall/outdoors for each class as a 10 minute activity.	In class activity: Teacher to give each child a message when they enter the class in the morning or after lunch. A positive Sticky note. Children read and have circle time EG - How did this make them feel? Could we all give each other a message each day to help us feel positive?
Week 4	Pupil leadership will hold an open connect meeting during dinner time in the	Pupil leadership will hold a keep learning activity in the nurture room. Children will	Children will go outside and use the 'take notice glasses' which will be	Pupil leadership will have races set up on the field for	Pupil Leadership make something EG – crafts

	nurture room for children to go and connect.	plan a learning activity in a pupil leadership meeting? Fun skill? Fun topic we can develop and teach to others?	provided encouraging them to taking notice of the world around them. Something that they may have never noticed around school.	children to take part in at dinner time.	
Week 5	Whole school activity. KS2 to pair up with a class in KS1 and they will take part in an activity together.	Whole school activity. KS2 children to come and teach KS1 children a phrase in French.	Children to visit KS1 hall for a wellness activity for 30 minutes, we will have different station that the children will sit at and KS2 children will help KS1 take part in the activities.	Outdoor races set up for different year groups to take part in an compete against each other.	Whole school activity such as 'crazy hair day' or 'movie night' all children will bring in £1 and all proceeds will be given to a local charity or food bank in our area.
Week 6	After school we will provide a voluntary coffee and cake afternoon for all staff to come together.	All staff will attend a mental health and wellbeing staff meeting to help us to all learn more about each other and the children in our class.	A yoga teacher will come in to complete an hour of yoga and meditation.	Wellbeing staff meeting time will be 'walk and talk' after school.	Give one another give another a TA or teacher a compliment note or a gratitude note.