

Melbourne Infant School

Child Wellbeing Policy



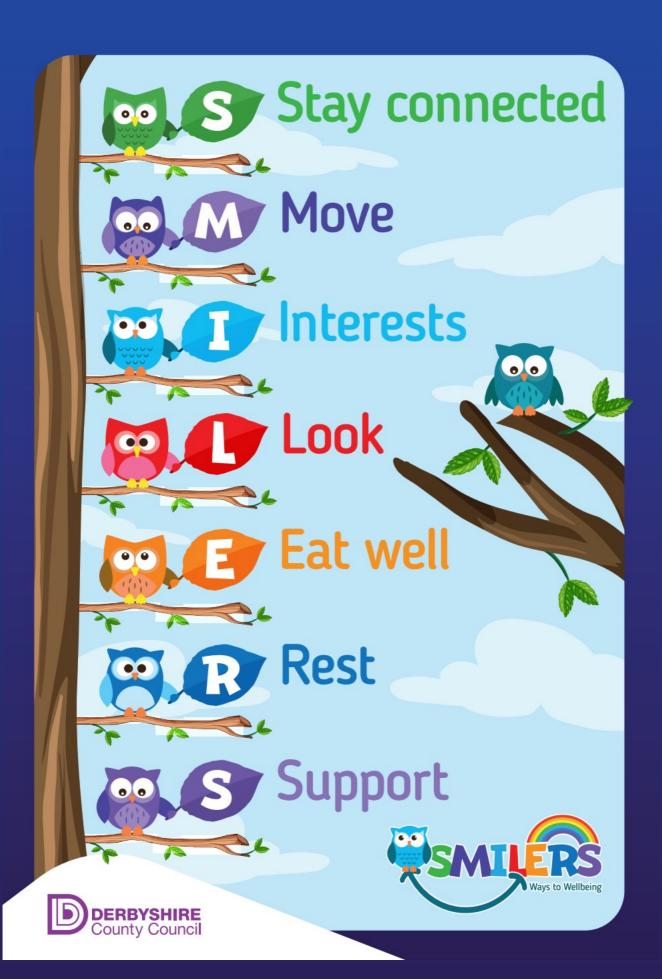
At Melbourne Infant school, maintaining good wellbeing is incredibly important.

We use the Derbyshire County Council SMILERS Ways to Wellbeing as a tool to help.

We were the first school in Derbyshire to achieve the bronze SMILERS award.

We have put in place different initiatives to enable and empower staff in each area.

The SMILERS principles related closely to the NHS 5 steps to Wellbeing;
Connect with other people
Be physically active
Learn new skills
Give to others
Pay attention to the present moment





Opportunities to stay connected at MIS include;

- School playtimes
- Lunchtime POLO / Dining Hall
 - Shine time
- Whole year group teaching sessions
 - Outdoor areas
 - Story times with Juniors
 - Assemblies







Opportunities to move at MIS include;

- Go Noodle / Brain breaks
- Health and wellbeing sessions
- PE/ Physical Development / Yoga
 - Playtimes
 - POLO





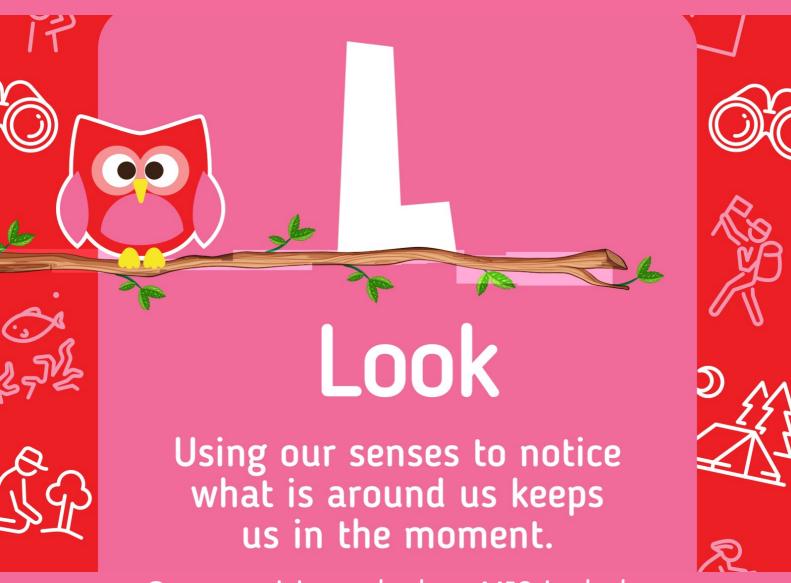


Opportunities to explore interests at MIS include;

- Learning time / choices
 - Exploring
 - Event days
 - Library time
 - School Clubs







Opportunities to look at MIS include;

- Mindfulness moments stories, breathing techniques
 - Seasonal walks
 - Celebration days
 - Focussed Head Teacher led assemblies
 - Calm corners in classrooms
 - Colour monster books/cuddly toys







Opportunities to eat well at MIS include;

- Learning about food in the curriculum
 - Lunch times
 - School fruit snack
 - Home fruit snack
 - Event Days







Getting a good nights sleep improves our memory, mood and mental health. Relaxing is also important because it makes us feel calmer.

Opportunities to rest at MIS include;

- Brain breaks / Breathing strategies
 - Health and wellbeing sessions
 - PE/ Yoga
- Playtimes / Outdoor learning times
 - POLO







Opportunities to support at MIS include;

- Kindness calendar
 - Year 2 Buddies
 - Therapy dog
 - Shine Time
- As part of the PSHE curriculum



