



# **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



Stay connected



Move



Interests



Look



Eat well



Rest



Support



# S



## Stay connected

Having healthy relationships  
with people and pets helps  
us to feel happy.

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



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# M

## Move

Being active releases chemicals in our brains which boosts our mood and makes us feel good.

Opportunities to move at MIS include;

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



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# Interest

Having special interests  
and learning something  
new keeps our brains busy.

Opportunities to explore interests at MIS include;

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



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# L

# Look

Using our senses to notice what is around us keeps us in the moment.

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



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# E

## Eat Well

Eating a balanced diet makes us feel good and also helps us stay healthy and strong.

Opportunities to eat well at MIS include;

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



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# R

## Rest

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



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# S



## Support

Supporting people makes us feel positive and makes them happy too!

Opportunities to support at MIS include;

- Therapy dog
- Shine Time
- As part of the PSHE curriculum



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