

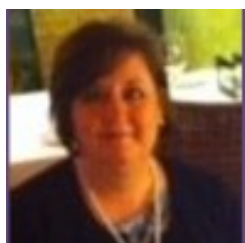
Park Road CP School's

Wellbeing News



Our Amazing Wellbeing Team

This year we have been working hard to improve the wellbeing of our school community. One of the first steps was to form a Wellbeing Team and we would like to introduce to you the team members. Our team consists of both staff and parent volunteers, which we feel is beneficial for our whole school community as this promotes both staff and parent involvement and views. The team meets regularly to ensure that wellbeing needs are being met and to identify further areas to develop.



Karen Dale
Staff - Office



Miriam Mitchinson
Staff - Midday



Nicky Parkinson
Head Teacher



Karen Wilkinson
Staff - TA

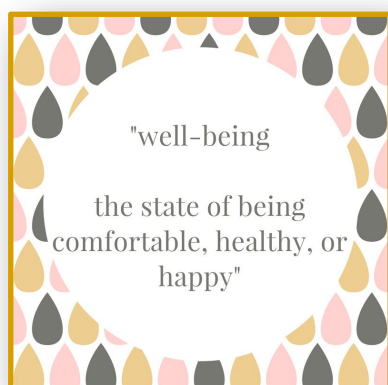


Amanda Bedford
Parent



Claire Crook
Parent

What Is Wellbeing?



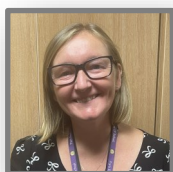
Evidence suggests that there are 5 steps you can take to improve your mental health and wellbeing:

- 1 Connect with other people
- 2 Be physically active
- 3 Learn new skills
- 4 Give to others
- 5 Pay attention to the present



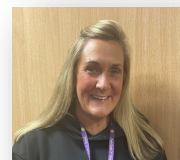
Emotional Coaching / Staff Training

Our school staff recently completed Emotion Coaching training. Emotion coaching is about working with and helping children to become more aware of their emotions and to manage and understand their own feelings.



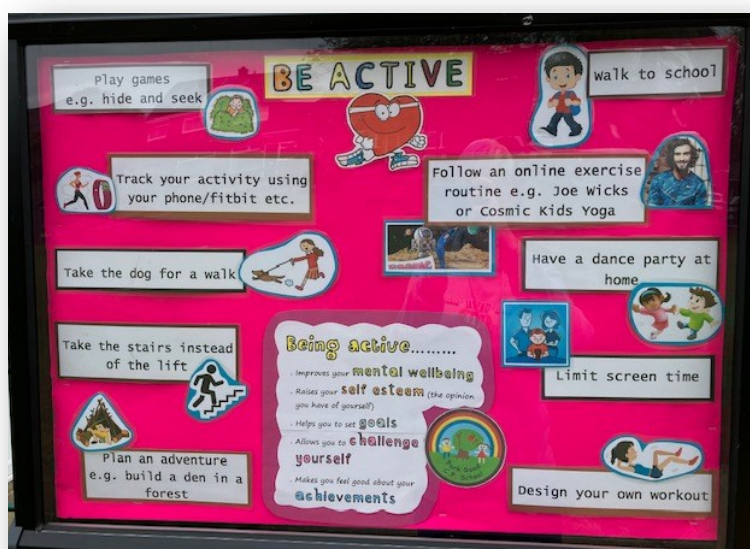
Mrs Robinson is undertaking a training course in Emotional Literacy support., which is training to enable her to provide emotional and social skills support to children. Mrs Robinson will use her training to enhance the support she already delivers for the emotional wellbeing of pupils within our school through social groups and 1-1 sessions.

Mrs Wilkinson has recently undertaken a Trauma Informed Practice training course. The training is aimed at understanding and supporting children who have had, or are experiencing, a trauma. Mrs Wilkinson has developed her knowledge and is now able to deliver this training to our school staff.



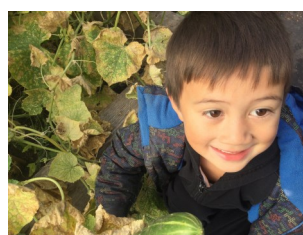
DID YOU KNOW?

Outside both the KS1 and KS2 gates, we have noticeboards displaying information about wellbeing and mental health awareness tips. The information is updated regularly, so please take a look next time you are passing.



Outdoor Learning

Here at PR school, we promote outdoor learning as we know that this supports the children's wellbeing. Learning outside the classroom supports the development of healthy and active lifestyles by offering children opportunities for physical activity, movement and promoting a sense of wellbeing.



World Champion Visitor

We were very lucky to have a special visitor join us in school a couple of weeks ago. Jenna Downing is a World Champion Inline skater. She shared her journey of how she became a champion with the children and staff at school. She talked about how having a positive mindset, even when things became really tough for her, enabled her to achieve her dreams. In the afternoon, each class was able to take part in a workshop with Jenna. We think there are some future champions in our school. We all really enjoyed the visit.



Our Community Café on World Mental Health Day

On Monday, we held our first community café, somewhere where you could come to have a chat, catch up with other families and enjoy a piece of cake and a cup of tea. The café helps with 2 of the 5 steps to wellbeing: connecting with other people and paying attention to the present. We hope you all enjoyed it and we hope to see you again next time.



A huge thank you to Mrs Branigan (Emily in Yr 3's Mum) and to Tesco for donating all of the delicious cakes and biscuits.



Wellbeing Survey

The Wellbeing Team would like to explore if parents/carers would be interested in after school wellbeing sessions to learn more about wellbeing. Please could you take the time to complete a very short survey with your views. Thank you in advance for your time, the link is below:

https://docs.google.com/forms/d/e/1FAIpQLSdbP0VuUA6VcftpmEm2FRO6PTTrLIqzddIHkfP6ol8-gUU9GZA/viewform?vc=0&c=0&w=1&flr=0&usp=mail_form_link

Useful Links:

Kooth	https://www.kooth.com/	an online wellbeing community
Mind	https://www.mind.org.uk/	advice and support for anyone experiencing a mental health problem
Happy Ok Sad	https://happyoksad.warrington.gov.uk/	Useful website with information aimed at different ages
My Life Warrington	https://www.mylifewarrington.co.uk/kb5/warrington/directory/home.page	Information about services in Warrington