



Wellbeing at St. Aidan's

Mental health is as important to a child's safety and wellbeing as their physical health. It can impact on all aspects of their life, including their physical wellbeing, relationships and educational attainment. Mental health can also change over time, to varying degrees of seriousness, and for different reasons. At St. Aidan's we are committed to supporting all our children's wellbeing.

Lego Therapy



Children have the opportunity to play with Lego at lunchtimes. The Sendco also runs a lego therapy club for children who find it difficult to regulate.

Nurture



We are proud to run our own Nurture provision which is targeted for children who may need some extra support to regulate, may find it difficult to socialise, have something going on at home or may have a SEND need. Nurture is done as a small group and children have the opportunity to talk or have time away from the formal environment of a classroom.

ELSA

Our trained ELSA spends 1:1 time with children to help them understand their emotions, regulate and cope with anxiety.

Emotional **L**iteracy **S**upport **A**ssistant



Friendship club

We have set up our own friendship club on a Friday lunch time. All children are welcome.



School Counsellor

We have an experienced, trained school counsellor, who sees children on a 1:1 basis. Children are given a weekly slot and are able to talk 1:1. This is sometimes done through art or play.



Celebration Assembly



Every Friday we have a celebration assembly where children's achievements are awarded.

St. Aidan's Excellent Learners Certificate are awarded each week.

Zones of Regulation

In class we use the Zones of Regulation to help us talk about our feelings and learn how to self-regulate.

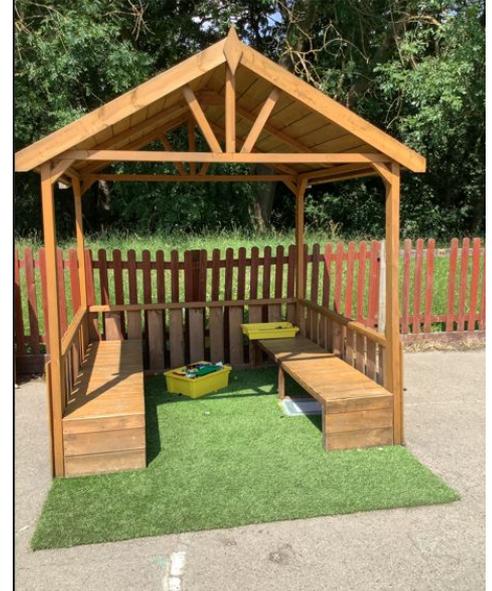
ZONES OF REGULATION!

Blue	Green	Yellow	Red
			
Sick Sad Tired Bored Moving Slowly	Happy Calm Good to Go Focused Ready to Learn	Frustrated Worried Silly/Wiggly Anxious Excited	Mad/Angry Mean Yelling/Hitting Out of Control I Need Time and Space

Worry boxes



Playground Zones



The children have different outside areas to use.

Wellbeing visits

The children had a visit from Cleo the dog. They read to Cleo and took her for a walk around the playground.

