



Pupil Wellbeing

At St John and St James' we are committed to ensuring mental health and wellbeing of all is at the heart of everything we do. As our WAMHS project continues to develop, we strive to provide the very best support for the mental health of our whole school community: school staff, pupils, parents and carers. Our mission is to sustain a happy and healthy school where all of us have the ability to thrive in a positive, calm and trusting working environment.

How do we support pupil wellbeing?

At St John and St James' we believe that all children have mental health. To support our children to thrive together and achieve their very best, they need to feel safe, calm, respected and understood. Our school day is set up to encourage children to talk about their feelings and have them validated, manage their emotions, and give space and time to be still and reflect. All these elements help children to develop their own strategies to support their mental health, build confidence, develop resilience and create a tool kit to support their mental health for the future.

What does this look like in the classroom?

- Zones of Regulation check in each morning
- Calm space in the classroom where children can be if they need to reflect
- A key adult they can speak to if they need support
- A whole class mindful moment each day after lunch
- Values lessons to discuss key themes: promoting equality and celebrating difference, online safety and social media and its impact on mental health, and understanding and promoting healthy relationships.
- Wellbeing Ambassadors - two children are nominated termly and meet fortnightly
- Class plants – looked after in the holidays by ambassadors

Daily Mindfulness?

Mindfulness is paying attention is paying attention to the present moment without judging what is happening. It is a skill that can help our mental health in different ways. It can help us worry less about the past or future. It helps us to be more aware of our thoughts and feelings so we are in control of them.

All children enter the classroom to relaxing music at the start of the school day. Children then discuss the zones of regulations and identify how they are feeling. Adults in the room model using our sentence stems about the different colours and discuss strategies to help children be green and ready for learning. This can be a discussion with partners.

The Zones of Regulation

Blue Red Area	Green Go	Yellow Slow Down	Red Stop
Sad	Happy	Nervous	Angry
Upset	Excited	Surprised	Yelling
Hurt	Calm	Confused	Aggressive
Tired	Proud	Silly	Mad

Green Zone	<i>I am feeling: Happy, focused, ready to learn and calm</i>	
Blue Zone	<i>I am feeling: Sad, tired, bored, nervous or sick</i>	
Yellow Zone	<i>I am feeling: Frustrated, silly, a little out of control, worried or excited</i>	
Red Zone	<i>I am feeling: Angry, upset, out of control, wanting to yell or hit or am refusing to work</i>	



Next, the teacher leads the children through some mindful breathing or reads a calm in script.

Example of calm script:

Close your eyes and bring yourself to a calm, quiet place in your mind. Just stay here and relax for a few moments. Breathe deeply and comfortably. Notice how your chest and belly move as you take calming, deep breaths. Just listen as the air moves in and out.... in.... and out. It is a quiet and beautiful sound. Now imagine transporting yourself magically to your favourite spot on a beach. You can choose your favourite beach. Or if you've never been to a beach, just imagine what you think it would be like. Picture yourself there now. The sun shines brightly and gently warms your skin. It's as if the sun is reaching down and pouring its love on you.... so warm and so nice. Now you'll slowly walk down towards the sea until you feel the lapping of the warm waves against your toes. Dig your toes deeply into the wet sand. Feel the rhythm of the calm waves flow over the sand – it relaxes you. Notice how your breathing remains very calm and even- inhaling and exhaling slowly and calmly. Paying attention now, you slow down your breathing even further and allow your muscles to relax. Feel the warmth of the sun melting your muscles into complete relaxation. Slowly and easily your body relaxes more and more releasing tension or frustration, releasing any worries or doubts you have. Inhaling deeply again – breathe in calm and peacefulness. Look out at the vast, blue ocean. It's so big, you can't even see to the other side! Anytime your mind brings up worries, you can think of how small our problems seem when we're standing next to the huge, beautiful sea. You can also take comfort in how the waves always keep going. Whether the seas are calm and easy or stormy and choppy, the waves never fail to wash up and make the shore look brand new – like it has a fresh start! Your body is now relaxed; your mind is relaxed now too. You can empty your mind of all worries or thoughts that have been bothering you. Just enjoy this moment you have now. Right now, only this matters, just relaxing and enjoying this moment. Breathe in deeply and allow the relaxation to flow to any part of your body that needs it.

End the mindfulness session with a positive quote for the day.

Examples:

Choose one of the quotes below and illustrate it.

"Every day may not be good, but there's good in every day." - Alice Morse Earle

"Having a positive attitude is asking how something can be done rather than saying it can't be done." - Bo Bennett

"We can complain because rose bushes have thorns, or rejoice because thorn bushes have roses." - Abraham Lincoln

"A positive attitude will lead to positive outcomes."

"Every cloud has a silver lining." - John Milton

"A bad attitude is like a flat tyre; you can't go anywhere until you change it."

"Attitude is a little thing that can make a big difference." - Winston Churchill