



Wellbeing Update

March 2021

We are currently completing the final stages of the Wellbeing Award for Schools (WAS) and we will be ready to undertake the assessment process later this term. Last half term, we carried out pupil and staff surveys and below, you can see some of the results of the surveys and how we have acted upon the voices of our pupils and staff. All parents/carers will receive an email later this term asking them to complete a survey about wellbeing in school. The survey will be online and will not take long to complete. However, we need to get a 50% response rate from parents/carers to achieve the award.

Reception and Key Stage 1

The results of the survey showed that 13% more children said they enjoyed playtimes. This was up to 95% from 82% in our previous survey.

In our last survey, 89% of children said that they liked how their classroom looked. This has risen to 92% in the most recent survey.

The children across the school said that the most important things about school are following the rules, learning and staying safe.

WOW Wednesday for KS1

Many of the children said they would like to be able to play big group games on the playground. Each Wednesday lunchtime, the Wellbeing Warriors and an adult will be organising a group game on the playground so that the children in their year group bubble can join in with them.



Year R

We only surveyed a sample of Reception pupils but from that sample, 100% said they liked going to school and that they feel safe at school. They also all said that they enjoy lunchtimes. When the pupils were asked what would make lunchtimes better we had a range of answers including tea with sugar!

Many of the children said that they would like some more toys/equipment to play with at lunchtimes. We have organised the purchase of some new items for the children to play with on the playground.

Year 1

92% of the children asked said that they always feel safe at school and are happy. They have asked for some more equipment to use on the playground, which we are organising for them.

Year 2

99% of the children in Year 2 said that they would speak to an adult in school if they had a problem or a worry.

98% said they always or mostly enjoy playtimes. However, they have said that they would like some new equipment to play with on the playground and music. Therefore, we are considering new toys for the playground and a disco corner.

Website

There is a range of helpful information on our school website that is updated regularly. You can find a directory of support services, ideas and activities for wellbeing and our wellbeing strategy that details our plans for wellbeing across the school community.

<https://www.northwickpark.essex.sch.uk/page/?title=Wellbeing&pid=12>

Top Tips

Every Mind Matters on the NHS website has information for parents and carers about looking after a child or young person's mental health.

<https://www.nhs.uk/oneyou/every-mind-matters/childrens-mental-health/>

Staff

Last term we celebrated the hard work of all of our staff by having a Staff Appreciation Day. All staff were given a cup cake, which went down very well! Whilst the children enjoyed their Christmas raffle, the staff were all entered into a raffle for a donated hamper.



As an academy, we were very proud to take part in Children's Mental Health Week. The children participated in lots of activities that contributed to their wellbeing.