

Five Ways to Wellbeing

From September 2020, we will be introducing 'Five Ways to Wellbeing' which focuses on five key areas of pupil wellbeing which will be implemented across the curriculum.

The five key areas are:

Connect- Building connections with those around you (at home, school and your community) can provide a network of support which is be a vital component of good mental health.

Be Active- Physical activity has many documented benefits not least for our own mental health.

Take Notice- Sometimes with our busy lifestyles, we forget to take time out to appreciate the small things all around us.

Keep Learning- Trying something new and embracing different opportunities can create a real self-esteem boost as well as unlock the potential to learn a new skill.

Give- By selflessly giving your time to a friend, family member or stranger you not only make those around you feel better but also yourself.

Check back here later in the year for more updates on our new Wellbeing Framework.