

Thursday 18th May 2023

Dear Parents and Carers,

I am delighted to inform you that we have been successful in our application for the Kent School Award in Resilience and Emotional Wellbeing.

As I am sure you are aware, children's mental health and wellbeing has been a high priority for our school over the last 4 years. We have worked extremely hard for this to be at the heart of what we do at Boughton-under-Blean and Dunkirk Methodist Primary and are so pleased that all of our hard work has been recognised. There are almost too many things to mention about what has been put in place over the past few years so I am including a few snippets below:

- Established a wellbeing team within the school which also includes a governor
- Pupil wellbeing surveys carried out each year
- I have completed my training as a Senior Mental Health Lead
- Updated the wellbeing page on the school website with lots of helpful advice and support for parents
- Annual Wellbeing Week and Children's Mental Health Week celebrated
- Extended our team of Anti-bullying Ambassadors to 24 who have all received training from the Diana Award
- Establishment of the wellbeing room for use by pupils at lunchtimes. This has been so successful that we have now extended this to be a wellbeing hub to accommodate more children each day
- Staff have been trained in recognising and dealing with the signs of poor mental health in pupils and themselves. Concerns are recorded by staff and handed to the Wellbeing Team
- Setting up termly parent coffee mornings and training sessions
- Regular newsletters and social media posts about wellbeing and mental health
- Regular work with pupils about wellbeing during PSHE lessons but using wider opportunities where possible

To achieve this award we had to prove that emotional wellbeing and resilience had a whole school approach. We are grateful to all of the parents who contributed to our success with the award with their thoughts on how we support their children in school. I am going to include some of these on our Wellbeing page on the school website. We also talked to pupils across the school for their views. I have included some of these below.

"We learn about wellbeing by colouring, drawing pictures, doing yoga and breathing. If I was cross, I would take a deep breath and count to 10. I tell my teachers if I am sad and they help me to feel better." Y1 Pupil

"Wellbeing is about looking after ourselves. When I am angry, we have learned to breathe and do tapping. If I am sad, I talk to my teachers on the playground. They look after us and look out for us." Y2 Pupil

“The school helps us to stay calm by teaching us about different breathing. PSHE helps us to learn about things we need in life like making friends, first aid and staying safe. Adults help us to solve our problems.” Y3 Pupil

“The school helps me with my wellbeing because at playtimes and lunchtimes we have the wellbeing room and outdoor activities. I like having the chalks out because drawing makes me feel calm.” Y5 Pupil

“Boughton School helps us to be the best we can. It helps us to feel happy and safe and that no one is alone. The teachers help us with our wellbeing and teach us to love ourselves. If anyone feels alone or upset, there is always someone to bring us back up. If we feel worried, there are always people we can talk to and who will help us.” Y6 Pupil

Despite achieving this award, we continue to strengthen and develop our practices with regards to pupil mental health and wellbeing. We look forward to sharing what we have been doing with you in the near future.

Kind regards

Jo Cottenden





**Wellbeing Activities Across
the School**

