

Westwood Park Community Primary School

Health and Wellbeing

At Westwood Park Primary School, we understand the need for an enjoyable environment where everyone in our school flourishes. We understand the need for a healthy lifestyle and aim to promote the mental, physical and emotional well-being for our pupils, staff and parents. Well-being is at the forefront of the school's curriculum along with promoting good mental health. We aim to equip pupils with the understanding and skills to make healthy choices that are informed both now and in the future.

At Westwood Park we endeavour to:

- Help children to understand their emotions and feelings better by sharing any concerns of worries.
- Help children socially to form and maintain relationships
- Promote self- esteem and ensure children know that they count
- Encourage children to be confident and 'dare to be different'
- Help children to develop emotional resilience and to manage setbacks

Links to useful health and wellbeing websites for your use are posted below.

Bereavement support

<https://www.childbereavementuk.org/supporting-bereaved-children-and-young-people>

<https://www.nhs.uk/conditions/stress-anxiety-depression/children-and-bereavement/>

NSPCC – Let's Talk Pants

<https://www.nspcc.org.uk/keeping-children-safe/support-for-parents/underwear-rule/>

Healthy Lunch Box Guide

<https://www.nhs.uk/change4life/recipes/healthier-lunchboxes>

Relax Kids

www.relaxkids.com

Young Minds

<https://youngminds.org.uk/>

A public health England and NHS site to help people take simple steps to look after their mental health, improve their mental wellbeing and support others

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