

Well Being Meeting

Minutes for 26/01/24

ITEM	MAIN POINTS
Welcome	Mrs Ruffle thanked the Wellbeing Ambassadors for coming.
Cornerstone Award	<p>The ambassadors were keen to promote a school initiative that helps children develop all four cornerstones. In our previous meeting the ambassadors thought of 15 different ways to promote positive well-being (developing their sense of character) .</p> <p>The School Council will be thinking of activities to promote cognitive development, the House ambassadors and EDI ambassadors will concentrate on activities to promote collaboration, the eco-warriors will think of ways to raise awareness as a community about environmental issues. Our Rights Respecting School ambassadors are going to contribute ideas to all for cornerstones</p> <p>Pupils from reception to year 6 who wish to take part in working towards their cornerstone badges will gain a badge each time they complete 10 of 15 activities. Most of the activities can be completed at home. The ambassadors agreed that they might need to ask their teachers to help with the distribution of badges.</p> <p>The ambassadors were keen to have the final / fourth cornerstone badge presented to them in assembly.</p> <p>Action:</p> <p>Presenting in Assembly</p> <p>Abi, Beatrice, Sophie, Anthony are keen to present in assembly to inform pupils of why and how they can gain their cornerstone badges</p> <p>Meeting friday 1pm 2/02/24</p>

Badge making in the leadership office on Wednesday 7th of February at 12:30 and Friday 9th of February at 12:30Pm.



**Children's
mental
health
week**

Children's mental health week is focusing on my voice matters. The ambassadors thought it would be a good idea to build on last year's community activity by having the parents and children working together to promote positivity around how to start conversations around mental health, so their voices could be heard.



The well-being ambassadors chose a morning during children's mental health week (either Wednesday 7th, Thursday 8th or Friday 9th February at 8.30am) to meet outside the school office and welcome children and parents to look at the different ways they like to be heard by the familiar adults.

The children and parents would be invited read statements like:

- **I feel listen to when people ask me how my day was**

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| | <ul style="list-style-type: none">● I feel listened to when someone asks me what was the best thing about my day |
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Pupils and their families can then sign their names next to the My Voice Matters statements that they agree with.