


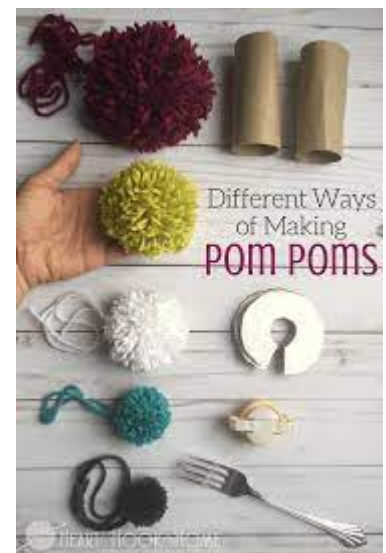
Well Being Meeting Minutes for 3/11/23



<u>Item</u>	<u>Main points</u>
Welcome	Welcome to all our new Wellbeing Ambassadors from Year 4-6
Role of a Well Being Ambassador	<p>As a groups we agreed the following were important parts of a Well Being Ambassadors role within school:</p> <ul style="list-style-type: none"> ● Be a positive role model ● Promote a healthy lifestyle ● Run lunchtime well-being clubs ● Reduce the stigma around mental health amongst their peers ● Encourage children to talk and share ● Be someone that can listen, support people and ask for help.
Cornerstone Award- Bronze Sliver Gold	<p>We discussed that Wellbeing fitted very well into the Character cornerstone.</p> <div data-bbox="609 1200 1090 1693" style="text-align: center; background-color: #0070C0; color: white; padding: 10px;"> <h2 style="margin: 0;">Character</h2> <p style="margin: 0;">Knowledge of self</p>  <ul style="list-style-type: none"> • Hold a positive self image • Have a zest for life • Embrace challenge and show resilience • Be effective self-advocates • Know how to be mentally and physically healthy and safe </div> <p>The ambassadors discussed in groups ways they have used or they would like to try to promote positive wellbeing. We could turn the following into mini challenges that all age groups could do.</p>

e.g. 5 activities/ challenges completed = Bronze Award
10 activities/ challenges completed = Silver Award
15 activities/ challenges completed = Gold Award

- sleep, go to bed (10 minutes earlier than normal bedtime)
- nature walk, things to find - tick list
- making something that you can use hold to makes you feel calmer / more relaxed e.g.
- making squishy
- origami
- making a musical instrument
- drawing / doodling
- fidget toy - playdough
- bubble wrap
- soft makeup brush for hand
- make a pom pom
- Relaxation stories
- cards games
- planting flowers
- lego



Wellbeing Ambassadors are going to think about physical challenges that will help promote positive wellbeing to contribute to the Character Cornerstone Award.