



# Litchard Primary School - Pupil Wellbeing Policy

Our Pupil Wellbeing Policy is to make sure **every** child at Litchard Primary School is kept healthy, safe and happy.

## What can we do to support our own well-being?

- Get a good night's sleep.
- Stay active by exercising or playing outdoors.
- Eat healthy and nutritious food.
- Share our feelings with an adult or friend that we can trust.
- Avoid spending too much time online.
- Develop resilience—keep trying, don't give up easily.

## Our Rights:

**Article 24:** You have the right to clean water, healthy food, a clean environment and good healthcare.

**Article 29:** You have the right to be the best you can be.

**Article 12:** Your right to say what you think should happen and be listened to.

## How does our school support our wellbeing?

- We feel part of a team / family at Litchard Primary and we show kindness to one another.
- The adults are always here to support us and our opinions are respected.
- Our achievements are celebrated.
- We have a variety of after-school clubs and activities.
- A healthy lifestyle is encouraged .
- We learn how to express our emotions.

## What does wellbeing mean to us?

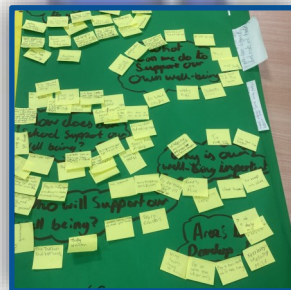
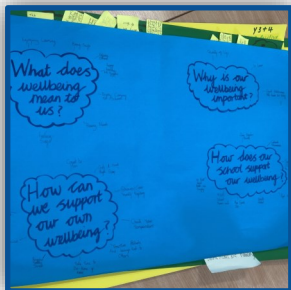
Wellbeing means being well. Good wellbeing means being comfortable and confident, being able to express your thoughts and feelings, build positive relationships with others and

## Why is our wellbeing important?

- To keep us safe and healthy in our bodies and minds.
- To have a positive, successful life.
- To help us learn, grow and develop.
- To help us develop relationships with others.
- To help us be the best we can be.

## Who will support us with our wellbeing?

Mr Phillips, Mr Richards, Class Teachers, Mrs Hopkins, Support Staff, Dinner Supervisors, Our Caretaker, Office Staff, PCSO's, Playground Peacemakers, Governors and the Children's Commissioner.



Our Pupil Wellbeing Policy has been produced by Litchard Learning Council.

All classes from Year 3 - Year 6 have contributed to our policy.

Agreed by:

# Litchard Primary School



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