When all is not well

At Yeo Moor we have a variety of people, groups and organisations to choose from if you feel that things are not well and you would like support:

- The school has ensured that there are a number of staff members who have attended Mental Health Awareness training and/or Mental Health First Aid.
- Our classroom and administrative staff are ready, willing and able to listen.
- Sally Downing, the school's Learning Mentor (and part of the Safeguarding team).
- The children's representatives for the child-led work.
- The Senior Leadership Team.

We also recognise the importance of signposting appropriate organisations outside the school. These can be found on the Wellbeing 'tab' of the school website. Keep an eye on that page as it will be regularly updated with different organisations and/or events.

Moor Wellbeing

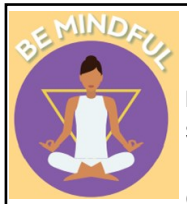
Yeo Moor Primary School has always been a school community which recognises the place wellbeing has in the lives of its staff, children and families. As such, we are committed to growing a whole school approach to wellbeing which permeates through our community. From school policies to aspects of our daily timetable, from our wellbeing curriculum to working with local community groups, Yeo Moor is working hard to equip, empower and provide our school family with the tools and means to 'be well'.

At Yeo Moor we recognise five key aspects of life which impact wellbeing. These five aspects come from the research, thinking and work of the New Economics Foundation.

As well as this short leaflet giving you a taste of what Moor Wellbeing looks like in the school, we also wanted to strive to reflect Yeo Moor's hope in being a place which recognises, without judgement, that life is sometimes messy. If you feel that you or your family are struggling, we have in this leaflet various signposts to people or organisations that might be able to help.

Regular physical activity has a proven, positive effect on feelings of wellbeing by increasing feelings of self-efficacy and building Tortoise Powers (our Moor Learning Power which includes elements of perseverance and managing feelings). Some ways that Yeo Moor provides opportunities for families and children to be active are:

- Daily Moor Mile, timetabled in for every class in KS1 and KS2.
- Forest School.
- Encouraging active play at break time, with sports equipment, tyres and planks to play with and plenty of tree climbing.
- Taking active breaks in lessons—to dance, jump and wiggle.
- Working with Sports Coaches and the YMCA in running sports clubs, holiday clubs and sessions.
- Including conversations about wellbeing in PE lessons.
- Actively encouraging families to walk, bike or scoot to school.



Being mindful of yourself has been shown to have positive impacts upon both feelings of wellbeing and making positive behavioural choices. Research has shown that even 8-12 weeks of purposefully 'taking notice' of sensations, thoughts and feelings can enhance wellbeing for several years! Some different ways that Yeo Moor provides opportunities for families and children to be mindful are:

- Taking mindful breaks in class as and when needed.
- A focus on 'reading for pleasure' timetabled throughout the day—both the children reading to themselves as well as being read to.
- Careful and purposeful use of Sally, our Learning Mentor.
- Recognising and reflecting on moments of success for children—not just academic but emotional growth as well—by using our Moor Learning Power animals.

As a school we are already in the business of learning. However, how we go about inspiring life-long learners is something that we spend a lot of time thinking and acting upon. Some ways this is seen in action are:

- Using the Moor Learning Powers to teach and celebrate the bigger 'skills' of learning.
- Teaching enrichment skills like safety, conversation skills and public speaking.
- Using Big Questions in the Heron Curriculum to show the power and importance of asking and investigating questions about the world.
- Parent Workshops.

Strong and broad social networks have the benefit of promoting wellbeing as well as creating a buffer against mental ill-health. These relationships contribute to feelings of: connectedness, functioning well in the community, familiarity and self-worth. Some different ways that Yeo Moor provides opportunities for families and children to connect are:

- Check-in on a Monday morning in class.
- Working with community groups like TLG, the YMCA and local churches.
- Community Building Days at the beginning of school terms.
- Assemblies, use of 'Play Leaders' and groups like the Kindness Ambassadors work across the school ages and help children see themselves as part of a wider school community.
- School trips, especially Mill on the Brue.
- Our Wellbeing Curriculum develops conversations around friend-ships, families and wider connections.
- Inter-school events.

Working, giving, supporting and helping others have been shown through research to increase a person's sense of self-worth and positive feelings. Some different ways that Yeo Moor provides opportunities for families and children to give to others are:

- Working with local community groups like local care homes and the Food Bank.
- Children are celebrated for serving in school or in the community by being awarded Bee stickers or badges.
- Children working in positions like Play Leaders, Kindness Ambassadors and Mini Police.
- Supporting local organisations like the Foodbank.
- Engaging in charity days like Children in Need, Sports Relief and Christmas Jumper Day.
- Parents and carers give their time as class readers and as part of the Friends of Yeo Moor.