

Northwick Manor Primary School



Wellbeing Strategy





Our vision

At Northwick, our commitment to pupil wellbeing is woven into the fabric of our school culture. Ensuring our children feel safe, secure and happy is at the heart of everything we do. With an atmosphere of kindness and care we have a strong sense of 'family' ensuring that each pupil feels nurtured and valued.

Social connections and coping strategies are vital for maintaining good emotional health. By offering a supportive atmosphere, we aim to enhance our pupils' educational experience and personal growth.

We recognise that if children are able to understand their emotional wellbeing and know how to stay mentally, physically and emotionally well, they are better equipped to achieve success and happiness. This dedication reflects our belief in the importance of emotional well-being for academic and personal success.

Our role is to empower the children to succeed with the personal challenges they face, and help them to thrive in an ever-changing world. We firmly believe that positive mental health is the foundation of learning and as such, pay close attention to the emotional needs of our pupils and staff.



Happiness matters

We firmly believe that our children achieve excellent results in all that they do because they are happy at school. A sense of inclusion and compassion underlies all that we do.

We provide a happy, secure and lively environment where each child will flourish and foster individuality, confidence and enthusiasm



Our approach

Student wellbeing has underpinned our whole ideology and identity as a school; we have always cared about each individual.

When children feel good about themselves, they are more likely to succeed in their studies, build positive relationships, and manage challenges effectively.

We take a whole school approach to promoting wellbeing, ensuring it is an established aspect of school life and a key part of our culture. To ensure that pupils are positive, resilient and able to deal with the stresses of our modern world we focus on five key areas:

- Connect
- Take notice
- Be active
- Keep learning
- Give

Connect



At Northwick, pastoral care is woven into daily life. It is our priority to ensure that pupils are happy, healthy and well cared for during their time with us. Our teachers work diligently to ensure that pupils feel secure and happy while achieving their best and we pride ourselves on knowing each child as an individual. This means no child has any doubt their teachers will lend a safe and sympathetic ear whenever they may need it.

In our caring and supportive environment, children develop strong friendships and relationships with their peers. We create opportunities for pupils to develop social skills, work collaboratively, and practice kindness and empathy towards others. We promote emotional resilience and mental health by encouraging children to express their feelings, talk about challenges, and seek support when needed. Our dedicated staff are always available to listen and provide guidance.

Take notice



It is easy to rush through daily life without stopping to notice much. Paying attention to the present moment – to our own thoughts, feelings and to the world around you can improve mental wellbeing. There is evidence showing mindfulness to be effective for children and young people, with school-based interventions having positive outcomes on wellbeing, reducing anxiety and distress as well as improving behaviour.

We use Zones of Regulation, deliver mindfulness as part of enrichment, offer access to our Wellbeing Garden and also create enormous opportunity for our pupils to explore new places and really live for the moment.

Mindfulness in the Curriculum



At Northwick we deliver the Jigsaw PSHE Programme 'The Mindful Approach'. With strong emphasis on emotional literacy, building resilience and nurturing mental and physical health, Jigsaw allows the teachers to deliver engaging and relevant PSHE within a whole-school approach. Jigsaw lessons also include mindfulness, allowing children to advance their emotional awareness, concentration and focus. As part of the children's weekly PSHE lessons, mindfulness is developed in three main ways:

Through the 'Calm Me' time in each lesson. This consists of breathing techniques, awareness exercises and visualisations, enabling children not to empty their minds but to quiet them and become aware of the activity within them and manage it positively.

Through the taught curriculum. Lessons help children to explore their thoughts and feelings, to expand their emotional vocabulary, explore thoughts-feelings-consequence sequences, build their confidence and express themselves in a safe environment.

Through the 'Pause Points' in lessons which ask children to 'Stop and look inside' to practice observing their thoughts and feelings relating to what they are learning about in that lesson.

Give



At Northwick we also go far beyond the self – we know that helping others is vital to our wellbeing and, as such, our children are at the centre of a large number of charitable initiatives.

Giving, through acts of kindness, volunteering, or donating, significantly enhances mental health by boosting self-esteem and fostering a sense of purpose. It also cultivates empathy and compassion, qualities essential for building strong relationships and communities.

Cake sales abound as we actively take part in Macmillan Coffee Morning, Comic Relief, and Save the Children's Christmas Jumper Day every year. We also host numerous other fundraising events every term to make sure that we all do our little bit for those less fortunate than ourselves.

Keep Learning

As part of our diverse co-curricular and Enrichment programme, we offer a number of activities that focus specifically on the wellbeing of our pupils. Supporting wellbeing not only helps children feel happier and less anxious but also helps them to have positive interactions with others and learn more effectively.

Our children are always encouraged to try new things and to 'have a go' at all the opportunities on offer.

The school also actively promotes mental health awareness and anti-bullying messages during assemblies, tutorials and PSHE sessions





Be active

We understand the link between mental and physical wellbeing.

Through PE lessons, active playtimes, and health education, we encourage children to lead active lifestyles, understand the benefit of a balanced diet, sleep and physical exercise on their general wellbeing and develop a positive relationship with their bodies.

From EYFS to Year 6, children enjoy a broad range of clubs and activities. Whether they are part of our sports teams or prefer to take part in something non-competitive, such as dance, Pilates, or yoga—our aim is for every child to be active, healthy, and confident enough to try new things.

Other initiatives

Nurture dog

Our nurture dog offers walks and cuddles.

Wellbeing Garden

Gardening Enrichment and allotment club to connect with nature

Wellbeing Champions

Wellbeing Champions are appointed in Year 6. They have been trained to support the wellbeing of their peers and responsible for ensuring that fellow pupils are happy and have someone to play with. This includes identifying any pupils who may be feeling upset, listening to them and supporting them to feel happier.

Trauma Informed Practice

A number of our staff are trauma-informed trained, ensuring our interactions with pupils are rooted in empathy and psychological safety.

Zones of Regulation

This framework, used across the school, develops awareness of feelings, energy and alertness levels while exploring a variety of tools and strategies for regulation, prosocial skills, self-care, and overall wellness. It is an easy way to think and talk about how we feel on the inside and sort these feelings into four coloured zones. The simple, common language and visual structure of The Zones of Regulation helps make the complex skill of regulation more concrete for learners and those who support them.

MHAG

The creation of a Mental Health Action Group to cement the profile of wellbeing in the school

National events

We participate in national events across the year, such as Children's Mental Health Awareness Week,

