



Health & Well-Being NEWSLETTER

Summer Term 2025

Dear Parents and Carers,

We are excited to share some of the fantastic work taking place at school to support the health and well-being of our pupils, families, and wider community.

Pupil Voice group

Our Well-being Pupil voice group is made up of pupils from across the school who are passionate about making our school a happy, healthy place for everyone. They meet regularly to share ideas, lead initiatives, and ensure that pupil voice is central to our health and well-being strategy. They are currently working on developing a well-being area in the school grounds. This will be a calm, inviting space where children can relax, talk with friends, or just enjoy a quiet moment.

Thank you for your feedback

A big thank you to all families who completed our recent Health and Well-being Survey. Your feedback has been incredibly valuable. We've now analysed the responses and have already started putting actions in place based on your suggestions. Your voice really does make a difference.

Thank you as always for your continued support. Together, we can ensure our school remains a nurturing, inclusive, and supportive environment for all.

***Warm regards,
Sarah Hulbert
Health & Well-Being Lead***

National Initiatives

This term, our school has proudly taken part in a number of important national campaigns:

Healthy Eating Week: Pupils explored the importance of a balanced diet, and learned how to make healthy choices.

Mental Health Awareness Week: Children took part in mindfulness activities, and learned ways to manage their emotions positively. These events help reinforce the value of looking after our minds and bodies in fun, age-appropriate ways.

Website

We've added a Health and Well-being section to our school website. Here you'll find updates, useful resources, and information on how we're supporting the emotional and physical well-being of everyone in our school community. Take a look and let us know what you think!

