

## **Wellbeing Ambassadors: Promoting Happiness at School**

We are excited to introduce our new **Wellbeing Ambassadors**:

Zara A, Manahal K, Poppy A, Zailey S, Aubree A, Paige W, Louie P, Bella C, Eleanor B, Isla W, Celina A, Noah P, Mya Mc, Amelia K, Annabelle R, Ava-Lily T

**Their role is to:**

- Spread happiness throughout the school
- Welcome new children and staff
- Be kind, caring, and helpful
- Always treat others as they would like to be treated
- Promote the *Five Ways to Wellbeing*: **Connect, Take Notice, Give, Keep Learning, Be Active**

### **This half-term's focus is "Connect"**

Building strong relationships helps children feel a sense of belonging, share positive experiences, and provide emotional support. To support this at home, you might try:

- Sharing family mealtimes
- Spending time with friends or family
- Playing a game or having a chat instead of watching TV
- Visiting someone who may need company
- Volunteering or helping in the community
- Staying in touch with loved ones via video calls

We will be planning lots of activities to help our children feel happy, healthy, and supported.

For more ideas and resources, please visit our [Wellbeing Page](#).

**With best wishes,**  
Miss Stanton