

Our wellbeing Ambassador's:

Daisy-Mae

Luca M

Ruby

Sophie

Mya

Darcey G

Kayla

Alba

Marni

Robyn

Orla-Mae

Isla S

Grayson

The role of the Wellbeing Ambassador is:

- 1) To spread happiness throughout the school.
- 2) To welcome new children and staff to the school.
- 3) To be kind, caring and helpful towards others.
- 4) To always treat others as you would like to be treated yourself.
- 5) To promote and put into place the 'Five Ways to Wellbeing'. (Connect, Take Notice, Give, Keep Learning and Be Active)

Five ways to wellbeing focus:

Our half termly focus of 'Connect'.

We will be focussing on:

Good relationships are important for your mental wellbeing. They can:

- help you to build a sense of belonging and self-worth
- give you an opportunity to share positive experiences
- provide emotional support and allow you to support others

There are lots of things you could try to help build stronger and closer relationships:

Things to do

- if possible, take time each day to be with your family, for example, try arranging a fixed time to eat dinner together
- arrange a day out with friends you have not seen for a while
- try switching off the TV to talk or play a game with your children, friends or family
- have lunch with a colleague
- visit a friend or family member who needs support or company
- volunteer at a local school, hospital or community group. [Find out how to volunteer on the GOV.UK website](#)
- make the most of technology to stay in touch with friends and family. Video-chat apps like Skype and FaceTime are useful, especially if you live far apart

Please take a look at our Wellbeing Page on the school website for more information and support. <https://blanford.sch.life/Page/Detail/health-and-wellbeing>

Kind regards

Miss Stanton