



Supporting Mental Health and Well-Being at Woodside



ELSA

- Targeted support for individual pupils
- 6 week programme
- Run by trained school support staff



Physical Wellbeing

- Active playtimes - variety of different opportunities available
- DCHS sports partnership - opportunities for competitive and non-competitive sports participation
- Fitness trackers
- Cross country events and football matches
- Daily Mile
- Walk to School rewards



Workshops / Theme Weeks

- Kidzfit - physical and mental wellbeing including health and nutrition
- BMX workshop - focus on positivity and resilience
- Science Week - enthusing the next generation, smashing stereotypes, aspirations
- Music workshop - try something new etc!
- Woodside's Got Talent - sense of belonging, pride and fun!
- Mental Health week



Assemblies

- Disability Awareness, overcoming difficulties and resilience
- Deputy Mayor of Amersham - recycling and doing your part for the environment
- Religious visitors
- Steps to Wellbeing Assemblies
- Achievement Assemblies to celebrate achievements inside and outside of school (however small)
- Random acts of kindness
- Anti-bullying
- Growth stories



Extra Curricular Activities

- Charity Events including Children in Need, Red Nose Day, Ukraine Appeal
- Music lessons and (for all school) concerts and productions
- Range of free lunchtime activities including Wobble Club, Mindful Colouring as well as Choir, Harry Potter Club, Gardening.
- Sports Clubs (external and internal)
- Hideout Zone Club Hour (includes cooking and Quidditch along with other opportunities)
- Art competitions
- School trips, workshops, Mini Enterprise (Yr6) and Yr 6 Residential
- Visitors and careers talks



PSHE

- Following SCARF programme of curriculum
- Mental wellbeing, positive relationships, celebrating who we are, our qualities, growth, resilience
- Transition support for Yr3 and Yr6
- Worry boxes in all classrooms and outside DHT
- **Student leadership: 20** Anti Bullying Ambassadors have been trained and their first campaign focus is mental well-being supported by SLT



Mentoring Programme

- Targeted 1:1 support for selected children through charity organisation
- Support is offered after liaison with parents, teachers and children regarding aims of the support in terms of wellbeing