

HEALTH AND WELLBEING PARENT WORKSHOP


WEDNESDAY 12TH FEBRUARY 2025



OVERVIEW

- Miss Lovell (Wellbeing Lead): How we promote Positive Mental Wellbeing at Bridgewater Primary School.
- Mr Hargreaves (PE Lead): How we teach the children to be healthy and make healthy choices in PE.
- Miss Lomax (PSHE Lead) - How we teach about positive choices and wellbeing in our PSHE curriculum (Personal, Health, Social and Economic education).
- Parents will have an opportunity to visit their children's classrooms to see health education delivered within lessons (either a PE or PSHE session).

POSITIVE MENTAL HEALTH AND WELLBEING

- ▶ At Bridgewater Primary School, we strive to ensure that we educate our children to recognise that their mental health is just as important as their physical health. One of the key aspects in everything we do in school is focus on Wellbeing. As a school, we recognise that all children need to be happy, healthy and develop the skills to cope with challenges they may encounter in order to access their learning
 - ▶ As a school, we recognise the importance of ensuring we educate our children about the importance of keeping healthy and ensure that this is embedded within our curriculum, we teach about both mental and physical health and how they are interlinked.
 - ▶ This is covered in our weekly PHSE and PE sessions.
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- ▶ We have a designated Senior Mental Health Lead and Wellbeing Champion in school that is responsible for promoting wellbeing for our staff and pupils (Miss Lovell).
- ▶ We have an EFS Team made up of 12 staff champions across each phase/ department of school.
- ▶ We have nominated School Council members in each class to represent their peers and gain feedback. Our School Council members are also Wellbeing Ambassadors who discuss ways to improve school for their peers and for their peers to talk to if they wish.
- ▶ We have an 'open door' policy for our parents to discuss any concerns about their child with their class teacher.
- ▶ We ensure effective transition arrangements, including extra transition sessions and meet the teacher sessions for when a pupil may require support with transition
- ▶ We have a range of physical lunchtime activities and quieter lunchtime clubs to promote positive wellbeing and support for pupils who find busy lunchtimes stressful.
- ▶ We have positive behaviour systems in place to promote positive social behaviour.
- ▶ We have mental health and wellbeing assemblies to promote resilience and self-management.
- ▶ Our ethos is to promote supporting the development of skills and character traits based around our 5 R's: responsible, resilient, resourceful, reasoning and reflective– as we understand these to be key to future success.
- ▶ We include key events such as World Mental Health Day, Mental Health Awareness Week and Anti-Bullying Week in the school calendar and plan activities for the whole school.

PLACE 2 BE

We are proud to work with Place2Be, the UK's leading children's mental health charity providing in-school support and expert training to help improve the emotional wellbeing of pupils, families, teachers and school staff. Place2Be is a national charity working in over 550 schools nationwide to improve the confidence and emotional wellbeing of children. Place2Be help children to develop resilience by supporting them when they are experiencing challenges and helping them to develop self-confidence and lifelong coping skills. When they are supported in this way, they are able to learn more easily and that means less worry for parents.

We have a Place2Be practitioner, Lynn, in school every Friday who works with children on a 1:1 basis and offers staff support.



EMOTIONALLY FRIENDLY SETTING ACCREDITATION



We are proud to be an Emotionally Friendly School and have received our Bronze Accreditation, from the Educational Psychology Service in Salford for the third time consecutive time. Emotionally Friendly Settings is a whole-school approach to improving children and young people's emotional health and well-being to enable them to succeed and thrive. Through this work, we ensure that the wellbeing of both our children and staff remains a school improvement priority.

Further information can be found here:
<https://www.emotionallyfriendly.co.uk/>

OUTSIDE AGENCIES

We work with a number of outside agencies such as CAMHS (Child and Adult Mental Health Service), the LSS (Learning Support Service), the Educational Psychology Service, Primary Inclusion Team, School Nurse Service and others to ensure that we can provide the best experiences and support for your children.

Both our Learning Mentor and SENDCo are Mental Health First-Aiders and Miss Lovell is our Senior Mental Health Lead.

A decorative graphic consisting of several parallel white lines of varying lengths, slanted diagonally from the bottom right towards the top right, set against a blue gradient background.

PARENTAL SUPPORT



Mental Health & Wellbeing

5 Ways to Stay Mindful Over the Christmas Holidays:

We know that Christmas can be a super busy time of the year for most households, with this year bringing some extra challenges for lots of us. With that in mind, it can very easy to get caught up in the hustle and bustle over the holidays. Here are some ways to help you stay mindful over the holidays:

1. Go for a mindful walk/cycle: Set yourself a simple challenge, to be more aware on your outing. What can you hear? Can you spot any animals or creatures along the way? Take note of the colours all around you.
2. Do some Christmas baking: Baking can be a great way to spend time together. You could make a whole morning out of it. Why not research some recipes, make a list of ingredients, gather all of the equipment and share the jobs.
3. Christmas Crafting: This doesn't need to be complicated. Grab a hold of a piece of paper and some pencils, play some interesting music, for example, The Nutcracker by Tchaikovsky. Draw a Christmas scene to go along with the music! There are so many Christmas craft opportunities out there.
4. Set up a Mindful area at home: This can be so simple yet so effective! Why not make it a family challenge. Decide on a safe place to make your mindful area. This could be in the hallway, corner of the living room or somewhere which suits you best. How will you transform it into a mindful area?

Winter Blues FIRST-AID KIT



This half term, we have celebrated Anti-Bullying Week. Children took part in activities in their classrooms, learned about ways to support one another in their assemblies and discussed ways to talk about worries with trusted adults.

Places to go for help and support

Bridgewater are proudly working with Place2Be and our Mental Health Practitioner, Lynn, is working in school every Friday. Place2Be offer excellent resources for parents that can be found here: <https://parentingsmart.place2be.org.uk>



This website from the NHS offers help you look after your child's mental health and wellbeing as well as the rest of the family. <https://www.nhs.uk/oneyou/every-mind-matters/>

The NSPCC are offering support and advice if you feel your child is struggling with their mental health and anxiety. More information and advice can be found on their website: <https://www.nspcc.org.uk>



Young Minds <https://youngminds.org.uk/>



We have a dedicated Wellbeing area on our school website, with a specific space for Parents/Carers. Here you will find useful links to services of support for you to use at home.

Our half termly newsletters always include a Wellbeing/ Positive Mental Health section that signposts parents/carers to useful resources.

Wellbeing

Pupils

Parents

Place2Be

HOME | WELLBEING | PARENTS

Parents

At Bridgewater we strive to support our families in any way we can, and this include supporting their mental health and wellbeing. If you require any support around your wellbeing, or simply want to ask a question, please direct this to Miss Hopkins, our Learning Mentor.

Wellbeing at Bridgewater 🔗

Supporting your child's mental health 🔗

Please also see useful links below:

Dealing with anxiety 🔗

tutorful.co.uk 🔗

Young minds parents' survival guide 🔗

youngminds.org.uk 🔗

Top Tips for Families 🔗

Top Tips for Families 🔗

PHYSICAL WELLBEING

Mr A Hargreaves (P.E Curriculum Leader)



- ▶ Physical wellbeing is the ability to maintain a healthy quality of life that allows us to get the most out of our daily activities without undue fatigue or physical stress.
- ▶ We teach regularly about the benefits of physical wellbeing and the links between a healthy body and a healthy mind.

WHAT IS PHYSICAL WELLBEING?

WHAT IS THE SCIENCE BEHIND PHYSICAL ACTIVITY?

- ▶ We explain about the health benefits of physical exercise in our PHSE, Science and PE curriculum.
- ▶ It can reduce the risk of developing type 2 diabetes by 30-40% and can reduce the risk of a range of medical conditions, including cancer, dementia, strokes, heart disease and depression.
- ▶ It can also lead to improvements in strength, balance, movement and motor skills, and help in maintaining a healthy body weight.
- ▶ Other physical wellbeing outcomes backed by evidence include improved quality of sleep, increased energy levels and healthy early years development in children.


- ▶ In 2021/22, 10.1% of reception age children (4-5 years old) were obese
- ▶ In 2021/22, 23.4% of year 6 children (10-11 years old) were obese
- ▶ In 2022/23, the obesity rate for reception age children decreased to 9.2%
- ▶ In 2022/23, the obesity rate for year 6 children decreased to 22.7%

- ▶ We are still waiting on the results from 2023/2024

- ▶ As a school we teach the children how to stay healthy and active in P.E lessons, Science lessons and PSHE lessons.

STATISTICS ABOUT CHILD OBESITY NATIONWIDE

WHAT DO WE DO AT BRIDGEWATER?

- ▶ Each child receives quality P.E lessons weekly by specialist coaches.
 - ▶ Every child has the opportunity to sign up for free afterschool sports clubs.
 - ▶ Each child has space to run around and use a variety of play equipment during break and lunch times.
 - ▶ Whenever the teacher feels they need to, children can take part in brain breaks and physical activity builds during lesson times.
 - ▶ Children have the opportunity to represent school in various competitions.
 - ▶ Every child takes part in Sports Days.
 - ▶ Every child has the opportunity to show case their sporting talents in assemblies.
 - ▶ Every child takes part in numerous sports allowing the child to experience multiple rules and skills involved within the sports.
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PHOTOS FROM SOME EVENTS



Inclusive sports week



Year 5 leadership



Football tournament at the Cliff



Mascots at Old Trafford



Girls football festival



Panathlon Event at Hollywood Bowl

CURRICULUM MAP

Day of the week	Autumn 1	Autumn 2	Spring 1	Spring 2
Monday	Y4 Beth Tennis Gymnasium Hall	Y4 Beth Tennis Dance Hall	Y5 Beth Tennis Gymnasium Hall	Y5 Beth Tennis Dance Hall
Tuesday	Jasmine Year 1 Multiports outside	Jasmine Year 1 Multiports outside	Jasmine Year 1 Multiports outside	Jasmine Year 1 Gymnasium Hall
	Jasmine Year 1 Multiports outside	Jasmine Year 1 Multiports outside	Jasmine Year 1 Multiports outside	Jasmine Year 1 Multiports outside
Wednesday	Year 2 Jasmine Dance Hall	Year 2 Jasmine Multiports outside	Year 3 Jasmine Dance Hall	Year 3 Jasmine Gymnasium Hall
	R1 and R2 AM Manchester United Multiports	R1 and R2 AM Manchester United Multiports	R1 and R2 AM Manchester United Multiports	R1 and R2 AM Manchester United Multiports
	Year 3 PM Manchester United Hockey	Year 3 PM Manchester United OAA	Year 2 PM Manchester United Multiports outside	Year 2 PM Manchester United Multiports outside
Thursday	Year 5 Manchester United Basketball	Year 5 Manchester United Dodgeball	Year 4 Manchester United Handball	Year 4 Manchester United Tennis
	Y6 Manchester United Basketball	Y6 Manchester United Dodgeball	Y6 Manchester United Hockey	Y6 Manchester United OAA
Friday	Year 4 RS Swimming	Year 4 RS Swimming	Year 4 RS Swimming	Year 4 GW Swimming

- ▶ Due to the hard work and determination from all the staff and enjoyment from all the children, we have been awarded a Platinum award.



AWARDS

POSITIVE POST



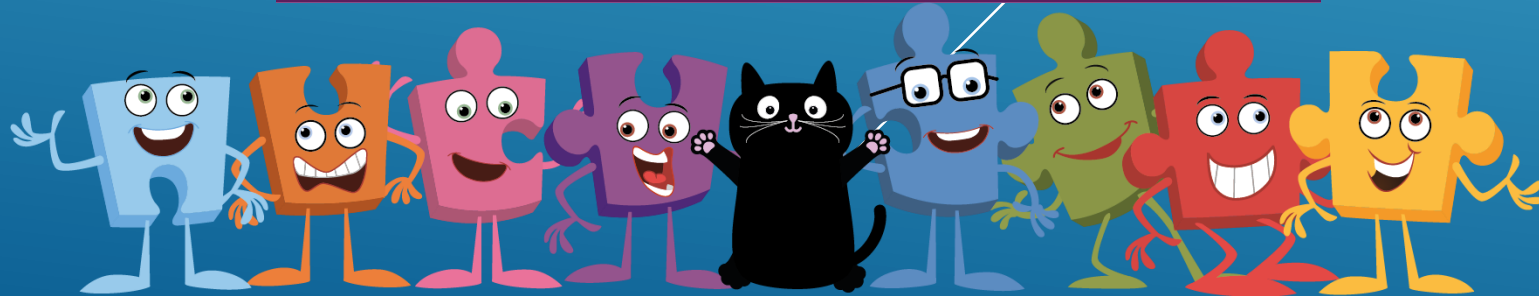
- ▶ A weekly letter is sent to all of the children in school- this is called 'Positive Post'.
- ▶ The children receive a new positive affirmation each week to reflect upon and discuss an aspect of positive Mental Health.
- ▶ The letter may include a challenge, a fun activity, a display element or a collaborative discussion point. E.g. I am strong, I am mindful, I am calm, I am healthy, I am unique etc.



How do we teach Mindfulness and Wellbeing at Bridgewater?

Jigsaw![®]

The mindful approach to PSHE



- We teach the children regularly how to be healthy within our PHSE curriculum in a variety of ways.
- This is achieved in a whole school approach using the JIGSAW curriculum from **EYFS** all the way through to **Y6**.
- It gives children relevant learning experiences to help them navigate their world, to develop an understanding of healthy choices and develop *positive relationships* with themselves and others.
- This is also delivered with an emphasis on emotional literacy, building resilience and nurturing *mental and physical health*.
- Jigsaw lessons also include *mindfulness* allowing children to develop their emotional awareness, and improve concentration and focus



- Each of the six units of work that are taught include: Learning Intentions that are both **PHSE** (Health Education and Relationships) and **Emotional Literacy** and **Social Skills**.
- Each unit is referred to as a puzzle piece that all come together. Each class has a puzzle piece character that becomes involved in the lessons.

HEALTHY ME



4. Healthy Me

Includes drugs and alcohol education, self-esteem and confidence as well as healthy lifestyle choices.

Puzzle Piece 4 specifically focuses on traditionally teaching the children how to take care of their body.

- From the Eat Well plate and the importance of physical activity for a healthy body (and mind) in the earlier year groups...
- To the more sophisticated health messages about choice, lifestyle and mental and emotional health promotion in the older year groups.
- Children gain a fully experiential approach to holistic health - and we emphasise how important it is their responsibility to care for themselves- both physically and mentally.

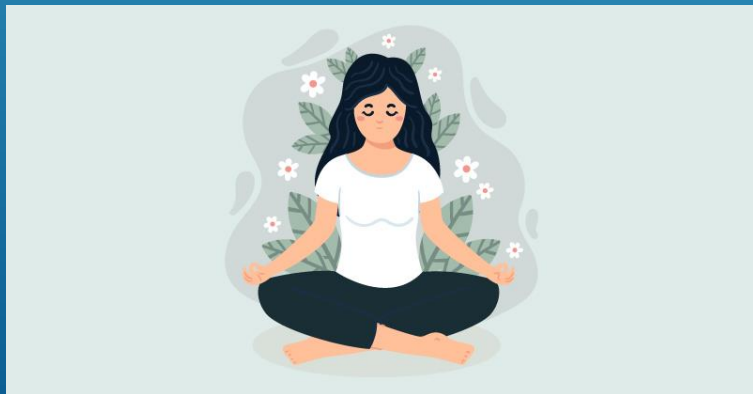
WHAT IS MINDFULNESS?

Mindfulness can be a hard concept for children, (and adults!) to understand.

The practice of mindfulness, where children learn to be in the present moment without judgement, is taught in every Jigsaw lesson - through the **Calm Me** time, through visualisation and through breathing techniques.

We teach the children that...

Mindfulness means **paying full attention to something**. It means slowing down to really notice what you're doing. Being mindful is the opposite of rushing or multitasking. When you're mindful, you're taking your time. You're focusing in a relaxed, easy way.



Why do we teach this?

1. We are confident that by focusing on well-being and healthy body and mind, we are creating a healthy and happy school environment for our children.

2. We want to prepare them as the citizens of tomorrow, with a sound character and strong values.

3. But also in the short term we want to support them while they are at Bridgewater, to promote effective learning and give them the best opportunities.



SOME EXAMPLES .. Key Stage 1

EYFS

Q. What do you need to keep your body healthy?

How can we stay healthy?

How can we stay healthy?

Q. What makes you feel relaxed?

Today we looked at scenarios and judged how stressed people were. We thought about times when we may feel stressed and ways which help us to relax. We practiced calm breathing techniques as well as yoga to help calm our bodies and minds in stressful situations.



What food do I need to eat to keep my body healthy?



Key Stage 1

Dr. Mascha

How does exercise affect my body? Why are my heart and lungs such important organs?

I talked about why exercise is important as part of a healthy lifestyle and how exercise affects our bodies.

I also looked at the importance of our heart and lungs and how exercise can help them to get stronger, meaning we become fitter.

to quit smoking while you're ahead because the changes that smoking does can't be reversed and you could lose your life.

you can't smoke.

DON'T SMOKE because 100% its possible you can die.

but on social media they say you should smoke

Tuesday 22nd March 2022

Today we looked at how celebrity culture affects us. The children of the world are always have a positive outlook on yourself, regardless of your situation.

BEFORE AFTER

How can people develop eating disorders, respect and value my body, know what makes a healthy lifestyle, be motivated to keep healthy and happy.

Today the class discussed healthy eating and how unhealthy eating can develop into an eating disorder. The class also took part in a debate where they discussed the positive and negative things that are portrayed in the media, in relation to living a healthy lifestyle.

Tuesday 22nd March 2022

How does exercise affect my body? Why are my heart and lungs such important organs?

I talked about why exercise is important as part of a healthy lifestyle and how exercise affects our bodies.

I also looked at the importance of our heart and lungs and how exercise can help them to get stronger, meaning we become fitter.

We have set ourselves a fitness challenge in a few weeks, we will see if we have achieved our goals and become fitter!

How long	How many times per week	I want to be able to	How many times per week
Push-ups	10	hold for 40 seconds	
100m	1	run in 11 minutes	11:00
100m	1	run in 11 minutes	11:00
100m	1	run in 11 minutes	11:00
100m	1	run in 11 minutes	11:00

An alternative ending without alcohol

San Tan would speak to the other boys and they would all agree to not drink. They would all agree to not drink and they would all agree to not drink.

An alternative ending without alcohol

and they all avoided each other

What are the different types of drugs and their uses and their effects on the body.

Drugs

- addictive
- substance
- slow down you
- sleepy or really alert
- illegal or legal
- make you drunk or high
- could be fatal or very dangerous
- can affect your health

Drugs

- cocaine
- heroin
- marijuana
- nicotine/tobacco
- pot
- herb/weed
- crack
- smack
- pills
- sleeping tablets
- stimulants
- alcohol
- steroids
- night time
- meth
- coffee

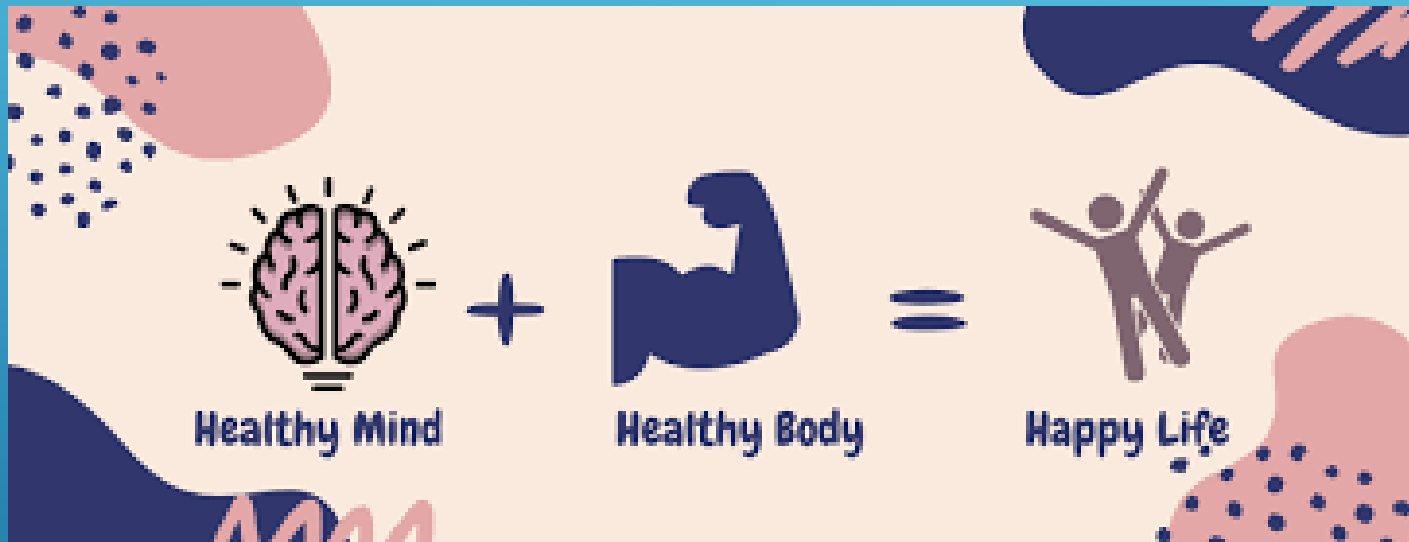
Drugs

- cocaine
- heroin
- marijuana
- nicotine/tobacco
- pot
- herb/weed
- crack
- smack
- pills
- sleeping tablets
- stimulants
- alcohol
- steroids
- night time
- meth
- coffee

Key Stage 2

Thank you all for coming!

Any Questions?



What does this look like around school this morning?

	Year 1AK Positive Post	Year 3LT Positive Post	Year 5 KS PSHE
Nursey PSHE	Year 1BR PHSE	Year 3AH P.E outside	Year 5FF PE
Reception 1 P.E in the hall	Year 2CL Online Safety Workshop	Year 4 GW PSHE	Year 6JW Positive Post
Reception 2 Positive Post	Year 2DG PSHE	Year 4 RS Music lesson	Year 6KO PSHE