School helps us build resilience by teaching us coping strategies when we feel stressed or are dealing with different emotions.

"You help us to talk about our worries and to understand our emotions."

We are proud of our school because we get lots of help and support from school to make sure our school is always a safe and happy place.

This leaflet supports the UN Convention on the Rights of the Child namely Articles : 3, 6, 12, 23, 24, 27, 29, 31, 36, 39.

If something worries you -

Do something ….

speak to someone who can help.

Remember the Need to Talk button

Can be accessed on the website!

Useful websites:

BBC Chatguide
www.bbc.co.uk/onlinesafety
CEOP's thinkuknow
Www.thinkuknow.co.uk
KidSMART
www.kidsmart.org.uk
Childline
www.childline.org.uk
Anti-Bullying Alliance
www.anti-bullyingalliance.org.uk

If you want to speak to someone you can contact national help lines :-
NSPCC Helpline—0808 800 5000
Childline—0800 1111

This wellbeing leaflet is based on Pupil Voice and was developed by pupils from St Mary & St Thomas Primary School.

Updated – Dec 2023

The Three Saints Academy Trust

St Mary & St Thomas CE Primary School

Believe Achieve and Shine

CHILD - FRIENDLY HEALTH & WELLBEING GUIDE

How does school help us?

- They teach us about online safety and the dangers of giving out our personal information through social media and going off with someone that you don't know
- They teach us the school's rules, how to be friendly, to use polite manners, to be respectful and to tell the truth.
- Our teachers say not to give up and to keep trying when things are difficult. They help us to look at problems in different ways.
- They have taught us mindfulness so that we are in the right frame of mind to help us do our work.
- They teach us how important it is to have a good diet. School meals are healthy and so are packed lunches. We get fruit and milk at snack time.
- They have lots of activities that are fun which can help us both mentally and physically.
- They encourage us to talk about the way we feel and help us understand negative and positive feelings.
- They teach us how important keeping fit is and we have lots of after school clubs, P.E. and swimming lessons where we get exercise which helps us feel good and allows us to keep building resilience.

"Swimming has helped develop my resilience because after we went swimming in Y3, I was more confident in Y4"

"You talk to us and keep us safe and happy, we always get support from the staff and teachers."

"We sometimes play games and this lets us know it's safe to talk about things because we have rights."

"You all help us to be safe by helping us with lots of different things. I am proud of our school because you give us lots of what we need to grow."

How can I help myself and others?

- Be polite and care for others and myself
- Be friendly and let others join in our games
- Always tell the truth
- Never hurt anybody
- Tell somebody if I am hurting
- Tell someone I trust if anything is upsetting me or if someone asks to meet you offline. Don't presume people are who they say they are. Keep my personal details private. Do not delete any messages from strangers so I can pass it on to adults.
- Keep myself clean, brush my teeth, eat healthy, exercise and get lots of sleep. Have regular check ups at the dentist.
- Follow the rules around school
- Listen to others and respect their rights to explain their views
- Do not keep worries to myself if I am worried or anxious speak to someone they can help