

**How good is OUR school?**



**“School staff, our friends and our families support us mentally and emotionally. I know what I can do to help myself and others improve their mental health.” – January 2020**

|  |  |
| --- | --- |
| **Agree** | **Disagree** |
| * Children are becoming more confident in the use of mindfulness techniques which help them in some circumstances (Paws B)
* Most children enjoy the health and wellbeing elements of activities such as drumming and juggling.
* Tapping is useful to some children.
* Most children were able to identify strategies that help them regulate their emotions such as taking time out, distractions, scaling, emotion works (identifying triggers).
* Most children were confident in discussing ways they can help their friends and understood the importance of talking to someone.
* Some children commented that getting to know staff well helped their mental health.
 | * Some children do not enjoy whole class mindfulness activities as they feel a bit awkward
* Siblings can sometimes be a trigger for anger or anxiety
* Some children wanted more practise in Paws B techniques (particularly P1-4)
* Some children felt that life was ‘just difficult’.
 |

**ACTIONS**

* Establish Health and Wellbeing club/ambassadors – this may include establishing worry boxes around the school
* Paws B sessions for younger classes led by Gillian and Wellbeing Ambassadors
* Establish daily 5 minutes of mindfulness/relaxation
* Continue to focus on developing growth mindset