

Pupil Wellbeing Questionnaire

<p>1. What do you understand by the term ‘mental health’?</p>	<p>Class 1- Not sure</p>	<p>Class 1 – Teach chn about mental health and wellbeing through circle time and PD sessions, so they are able to process and understand their feelings.</p>
	<p>Class 2- healthy lifestyle, working on your emotions, how we think and feel.</p>	
	<p>Class 3- When you get rid of the bad feelings and replace them with the good. It’s your emotions and how you make your brain relax. How you think, feel and act then express your emotions. When you’re mad and then try to control your feelings. How your emotions feel inside your head and mind. Keeping calm and happy and not getting ill.</p>	
<p>2. Who helps you in school when you are unable to control your thoughts and feelings?</p>	<p>Class 1- School Teachers, friends Class 2- teachers, any of the staff, friends, worry box. Class 3- Mr Allen, Mrs Glen, Miss Craig, Miss Turner, Miss Lockett, friends, staff, Miss Higgs, siblings, the worry box.</p>	
<p>3. Who helps you at home when you are unable to control your thoughts and feelings?</p>	<p>Class 1- My dog, mum and dad Class 2- Parents, friends, siblings, family, pets. Class 3- Siblings, parents, family, nan, aunty, dog.</p>	
<p>4. What techniques do you have to help you control your thoughts and feelings?</p>	<p>Class 1- Have a drink of water, breathe in and out</p>	<p>Remember to use the mindfulness resources on the sever including GoNoodle, YouTube, etc.</p>
	<p>Class 2- calming music, talking to someone, mindfulness and GoNoodle, time-out.</p>	
	<p>Class 3- Go for a walk, sit/cuddle with a pet, play football, hug my parents, read, bake, my fidget box, music, hit a punch bag, watch TV, play board games, tell jokes, go outside, calm breathing, play with my toys, go for a walk, sit on my swing/zipwire.</p>	
	<p>Class 1- The faces on the wall</p>	

<p>5. Are there any particular lessons that explore how you are feeling?</p>	<p>Class 2- PSHE, Online Safety so we can share how we are feeling, Guided Reading as we have 'I think ...' questions.</p>	<p>Class 1 – Zones of regulation are a great way to support feelings, remember circle time and PD session should explore feelings too.</p>
	<p>Class 3- PSHE, art, music, English, reading.</p>	
<p>6. What can we do as a school to support your further with your thoughts and feelings?</p>	<p>Class 1- More teddies, blankets, read a book</p>	<p>Wellbeing books are readily available in the calm zone for children/staff to read. Have a 'calm box' for each class (GC to source by 20.2.23) Mon- Thurs Lunch time supervisors to to lead a lunch club 'Mindful Minds' in the community room 12.30-1pm.</p>
	<p>Class 2- Have time for deep breathing, relaxation time, mindfulness, art and colouring, yoga.</p>	
	<p>Class 3- A stress box, teddy bears, a fidget club, put up a mental health feelings sign, 'I think the school has done enough with Mr Allen's worry box and Miss Lockett supporting those who need it as we can express our feelings to someone we trust.</p>	