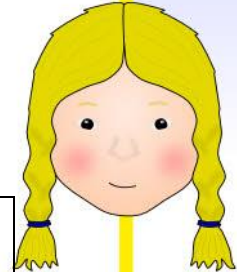
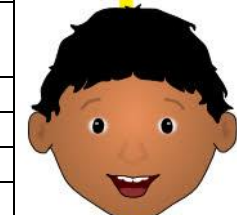


# Positive Mental Wellbeing Champions Minutes

School's Cluster Meeting 31.03.22  
1.30-3.00pm North Stainley Village Hall



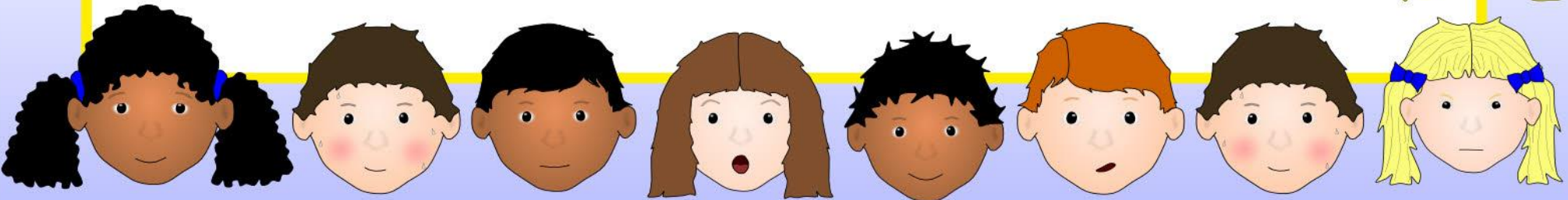
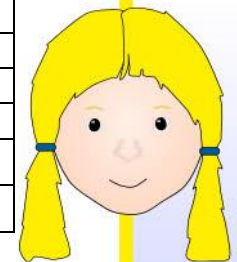
**Thank you to Everyone who could join us at our first meeting. If you were unable to make it then please come and join us next time (date )**

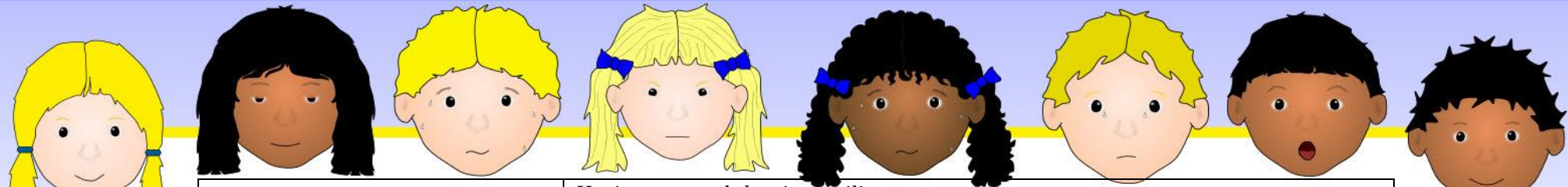


North Stainley, Kirkby Malzeard, West Tanfield, Sharrow, Bishop Monkton, Scotton Lingerfield, Markington, Roecliffe. Kirby Hill

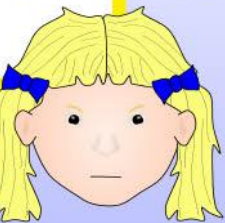
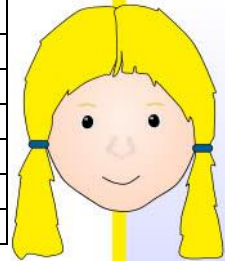
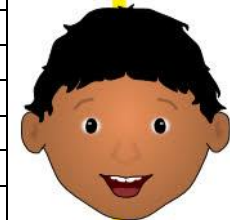
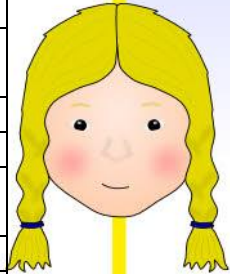
Establish, what positive mental wellbeing (PMW) looks like in themselves and their peers?  
(Champions mind mapping exercise)

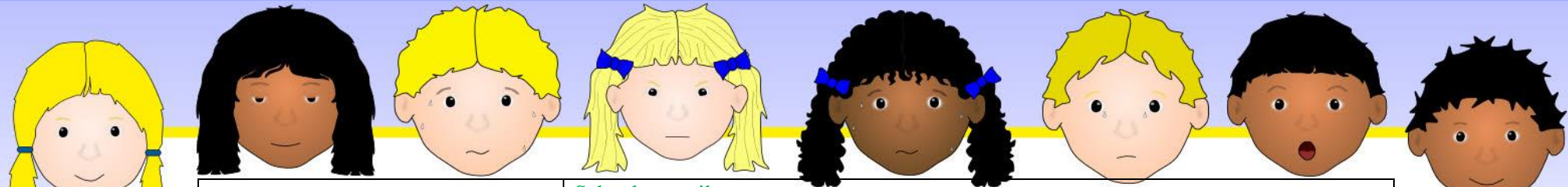
- Complimenting on another and talking in a positive way.*
- Feeling nice, happy and looking happy.*
- Enjoying lessons, trips playtimes and PE.*
- Engaging more in lessons*
- If someone doesn't feel happy there is always someone to make them feel better.*
- Happy, knowing they can do their work.*
- Singing, dancing and being active.*
- Celebration worship.*
- Smiling and telling jokes, laughing and being sociable and chatty with everyone*
- Showing kindness, smiling at people makes them feel better.*
- Having a positive mindset and believing in themselves.*





	<i>Having a go and showing resilience.</i>
<p>What barriers do we experience to PMW? (relate to our schools).</p>	Falling out with family and friends, being mean/unkind to people, people being mean/unkind to you.
	Bullying and cyber bullying
	Moving class, schools or trying new things
	Tests and work pressure, being good enough for your parents, being anxious, parents yelling at you.
	Not sleeping, not eating breakfast
	Missing friends during lockdown.
	Being jealous of what someone has. People showing off.
	People not playing by the rules.
	Getting things wrong in front of people.
	Being late
Keeping things inside.	
Being alone	
<p>How do schools approach PMW ?</p>	Talking to a trusted adult.
	Friends to support us.
	Zones of regulation.
	Hugging people and showing you care.
	Forest school, fitness breaks, mindfulness, art, wellbeing walks.
	Quiet/ reflection/Peace garden/ chill out area.
	Buddy bench.
Fiddle toys area to calm down.	





	<p>School council.</p> <p>Reading buddies.</p> <p>Celebration worship and sharing good things.</p> <p>Positive participation display.</p> <p>Summer production, Easter and Christmas events</p> <p>Giving pupils a voice</p>
Pupil policy	<p>We have learnt that a policy gives us guidance and actions on a particular issue in a school/organisation.</p> <p>We know that most schools have a wellbeing policy written by adults for adults.</p> <p>We now want to look at creating a policy addressing wellbeing, written by children for the children.</p>
Actions to be completed before the next meeting.	<ul style="list-style-type: none"> <li>• Ask your head teacher if you have a wellbeing policy for your school. If you do, highlight the parts that mean something to you?</li> <li>• If you were to write your own wellbeing policy, what would you like it to achieve? (write down a few ideas or maybe you can ask for other people's ideas.)</li> <li>• Can you design a motif for the Wellbeing Champions or can you ask someone else in school to help you to do this?</li> </ul>

