



## WELLBEING AT WOOTTON PARK

### Wellbeing Drop Ins

#### New drop in service has been rolled out to all learners

Learners are now able to access 1:1 with coaching with Mrs Wild through weekly wellbeing drop ins.

These will be held on Mondays, Wednesdays and Fridays in the Wellbeing Group Room.

Learners do not need an appointment, they can simply come to the room and discuss any issues they are currently facing with a friendly, caring member of staff.

### Wellbeing Award for Schools

#### Stakeholder evaluations – the results

Earlier this year we asked all staff, learners and parents to complete an evaluation form as part of the Wellbeing Award for Schools. These evaluations allowed us to gauge the current level of provision we offer at Wootton Park School with regards to emotional wellbeing and mental health, both for staff and learners.

The results of the evaluations have been analysed by the Wellbeing Team and SLT and areas of strength have been identified, as well as appropriate actions and areas requiring development.

### Wellbeing Clubs

#### Mindfulness and Yoga to join the enrichment activities

In Term 4, 5 and 6 learners will be able to access wellbeing themed clubs through school. Primary learners will be able to join Cosmic Yoga and mindfulness, with secondary learners also being able to access a mindfulness club during lunchtimes.

Please ask at the main office for more information.

