



WHITEHOUSE

Wellbeing Charter

We want every child at The Whitehouse PRU to have the opportunity to enjoy the highest possible standard of well-being and mental health.

Well-being is feeling physically and mentally healthy and well.



To support pupils' mental health staff will:

- Include mindfulness activities within the curriculum. Promoting outdoor learning opportunities.
- Support children to talk about their own mental health.
- Encourage children to share their views within their classes.
- Always be available to listen to the worries and anxieties of all children.
- Organise team games across the curriculum, to build positive relationships.
- Deliver PSHE lessons and assemblies where all children will be listened to and build emotional intelligence.
- Ensure children know where to go when they need some help at school and at home. Having a key person to turn to at school.
- Deliver PE lessons so that children can focus their minds and build concentration.

Pupils will:

- Play together in an inclusive way.
- Show kindness towards their peers and building friendships.
- Demonstrate the Whitehouse values: Safe, Engage, Respect.
- Speak to trusted adults when they feel frightened, scared, anxious or worried.
- Take part in PSHE, PE and enrichment activities that promote mental well-being.
- Take part in breaktime clubs, indoor and outdoor play.
- Evaluate and provide ideas for promoting mental health through the School Council.



Share your own
feelings to
encourage
self-awareness.

To support pupils' physical health staff will:



- Provide opportunities for pupils to enjoy outdoor play.
- Provide daily opportunities for pupils to access the sensory circuits and the Zone.
- Encourage children to complete the daily mile.
- Deliver two weekly lessons on PE so the children feel energised.
- Provide first aid promptly when needed.
- Provide a safe environment for children when learning and playing.
- Provide nutritious school meals and fruit snacks daily.
- Support healthy eating and hydration through PSHE lessons and the School Council.

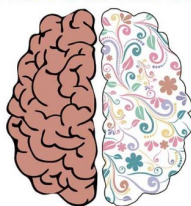
Pupils will:

- Encourage others to join in games at playtime.
- Complete a class daily mile.
- Use the outdoor playground, MUGA and gym equipment.
- Eat a balanced lunch each day.
- Eat fruit and drink water throughout the day to keep hydrated.
- Enjoy healthy meals provided at lunchtime.
- Evaluate and provide ideas for promoting physical health through the School Council.



This is our Whitehouse charter outlining the support for, and set of commitments to, the wellbeing and mental health of every child in our school.

MENTAL HEALTH



**IS JUST AS IMPORTANT
AS PHYSICAL HEALTH**