

Wookey Primary School Health and Wellbeing Statement



At Wookey, mental health and wellbeing aren't extra subjects on the timetable; they are the roots of everything we do. Underpinned by our whole-school Relational Behaviour Policy, we know that when children feel safe, heard, and genuinely cared for, they thrive in every way. Guided by the understanding that *"all behaviour is communication,"* we look beyond surface actions to support every child with warmth, consistency, and kindness.

How We Grow Together at Wookey

Belonging & Feeling Safe

We keep boundaries simple with three school rules: Ready, Respectful, and Safe, combining visible consistency with visible kindness.

Our team uses the PACE framework (Playfulness, Acceptance, Curiosity, Empathy) to build strong, trusting relationships, prioritising adult emotional regulation.

Through personal Relational Support Plans and quiet spaces like our Zen Den, we offer low-sensory environments to help children co-regulate.

Learning & Understanding Emotions

We teach emotional literacy through our PSHE lessons, helping children build healthy friendships, respect each other, and work through disagreements peacefully.

Every classroom uses The Zones of Regulation Framework so children can name their feelings and use classroom or personal Tool Boxes to help them regulate.

We celebrate positive choices through House Points, Star of the Week, and Upstander Certificates for children who *"are kind, speak up and reach out."*

Noticing Early & Repairing Relationships

For children navigating bigger challenges, trauma, or anxiety, we wrap around extra support like daily check-ins, ELSA sessions, Forest School, Block Therapy, or sensory circuits.

As an MHST (Mental Health Support Team) school, we work directly with specialist NHS practitioners to offer early intervention, targeted low-intensity CBT support, and expert guidance for mild-to-moderate mental health needs.

We step away from purely punitive sanctions, using gentle restorative conversations to help children understand who was affected and how to make things right.

Working Together as a Community

We look after our staff team by keeping workload manageable, offering regular training, and creating safe spaces to debrief and recharge.

We work in open partnership with families, involving them directly with support plans and gathering feedback via annual wellbeing questionnaires.

Our school Wellbeing Action Group (WAG) brings together staff, parents, governors and pupil Wellbeing Champions to shape initiatives across our whole school community.

This statement sits at the heart of our school vision. We regularly review our relational practices and listen to our community to ensure Wookey Primary School remains a safe, warm environment where everyone can truly learn and grow together.