Iechyd a Lles
Health and Wellbeing
Ysgol Gymraeg Caerffili



'Pupils' well-being and attitudes to learning are one of the school's obvious strengths.' Estyn 2022

Aims of today

- ❑ Health & Wellbeing team
- ❑ YGC Interventions
- ❑ Activities
- ❑ Health & Wellbeing afternoons
- ❑ Questionnaire

Health & Wellbeing team

Hafwen Davies - Health & Wellbeing Co-ordinator

Aime Sullivan - ALNCo

Ella Jones - Deputy ALNCo

Rachel Warden - Wellbeing practitioner

Lexy Allen - Anxiety group

Daisy Williams + Rebecca Agnew - Lego Therapy

Emma Powell & Sandra Phillips - Mindfulness leaders

YGC interventions

thrive®

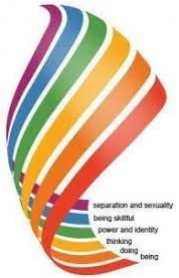
CARING CANINES
PROMOTING WELLBEING

Lego Therapy



What is Thrive?

What is Thrive?



Thrive is a way of working with children that helps to develop their social development and helps them feel happy and secure and to prepare them to learn.

What do we do as a Thrive school?

The whole school is screened by their class teachers twice a year to identify if they require additional support regarding their social, emotional and behavioral needs.

It is recommended by external agencies to conduct Thrive interventions with children who require further support and this may occur as a one to one session or group.

All activities encourage communication, collaboration and confidence but are also so much fun!

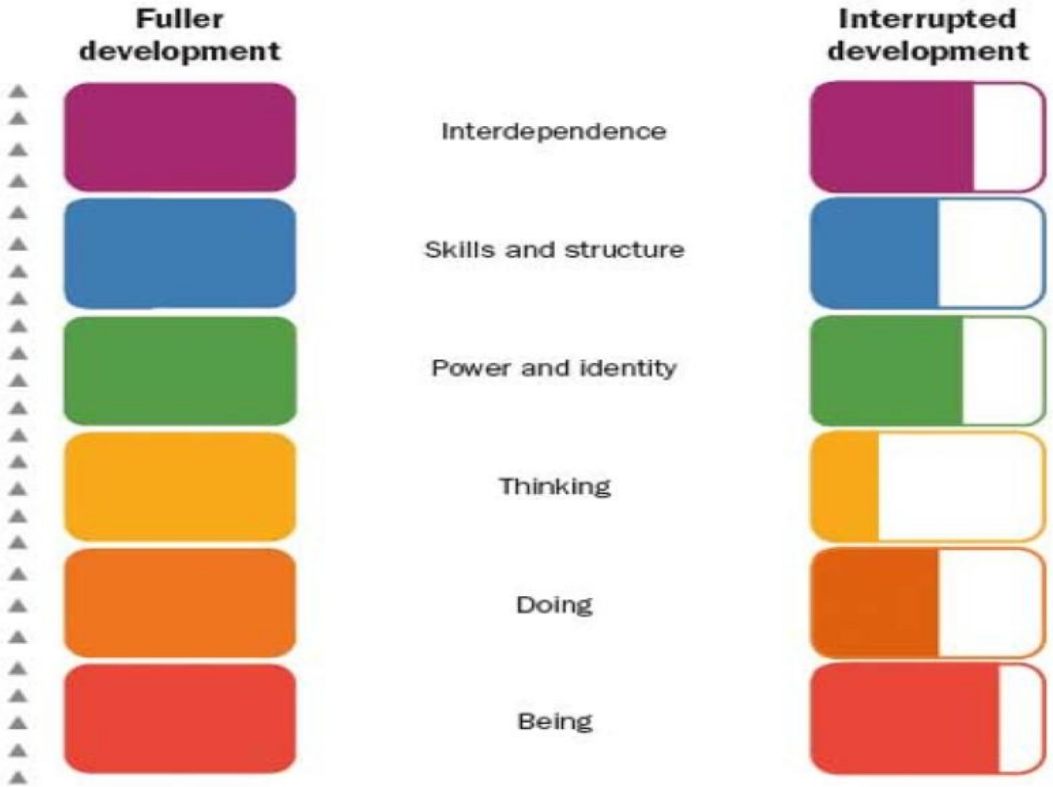
Thrive overview



Thrive development strands



The developmental building blocks of Thrive



'Lego Therapy'

LEGO Therapy is a social development program that uses LEGO activities to support the development of a wide range of social skills within small groups.



The Hafan









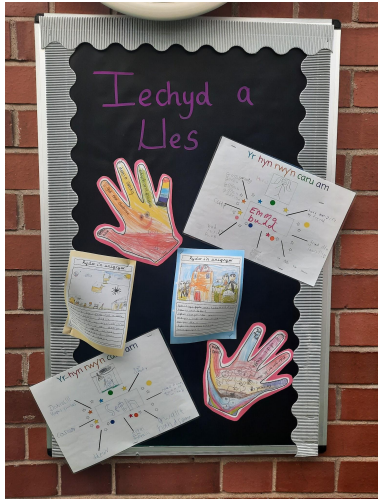
Used for wellbeing interventions - Thrive, dog therapy and external interventions with an educational psychologist.



Wellbeing afternoons


Sut wyt ti'n teimlo?
Teimladau
Postio Eich Pryder




Iechyd a Les


Cwn Therapi




#HWYLIOGSIP
Dyfalbarhad


Thrive


Rydw i'n caru...

Wellbeing afternoons

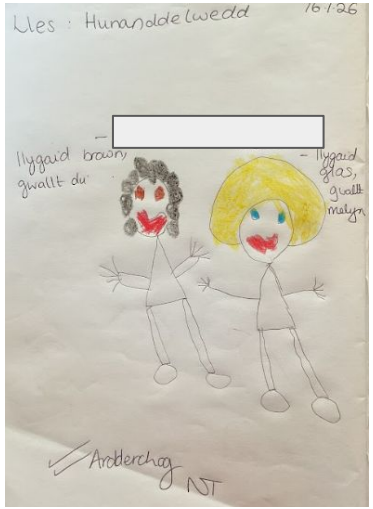
Every Friday, we have a focus on wellbeing, the topics of our afternoons vary from information regarding Safetouch, to cooking, from sport to friendships.

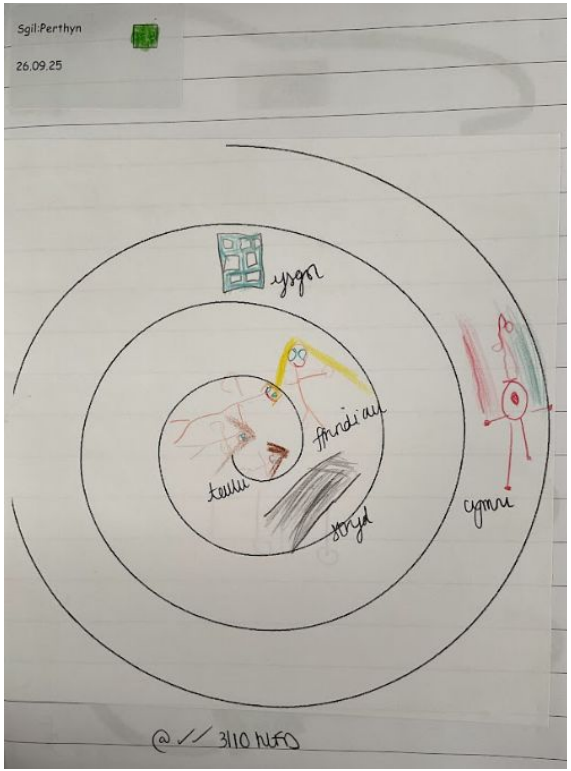
We aim to respond to recent news and exposures that children may face- This year we are focusing on self-worth/ self- confidence.

All sessions begin with circle time, all classes have worry boxes to note down any concerns.

We have recently had training for DARPL lessons which aims to eradicate racism in education settings and change perspectives and beliefs around racism.

Derbyn/ Reception



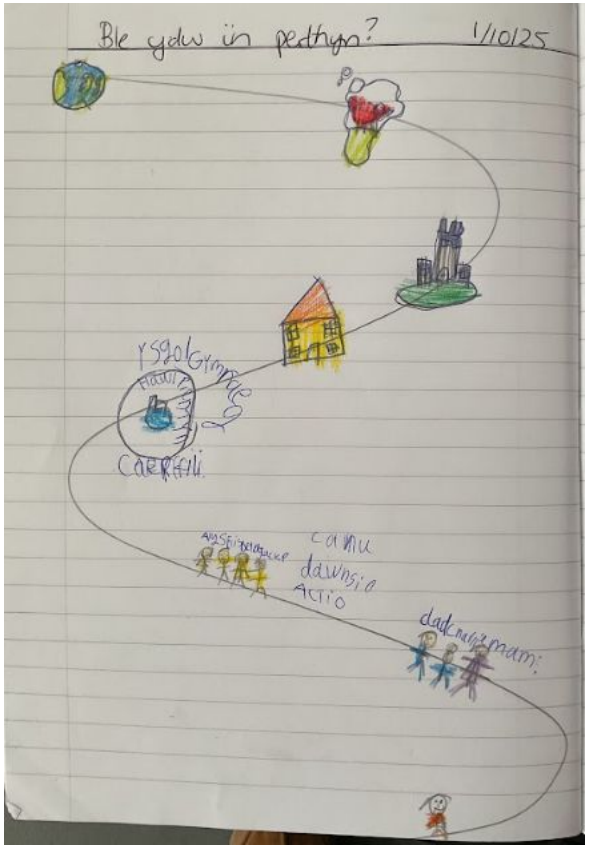


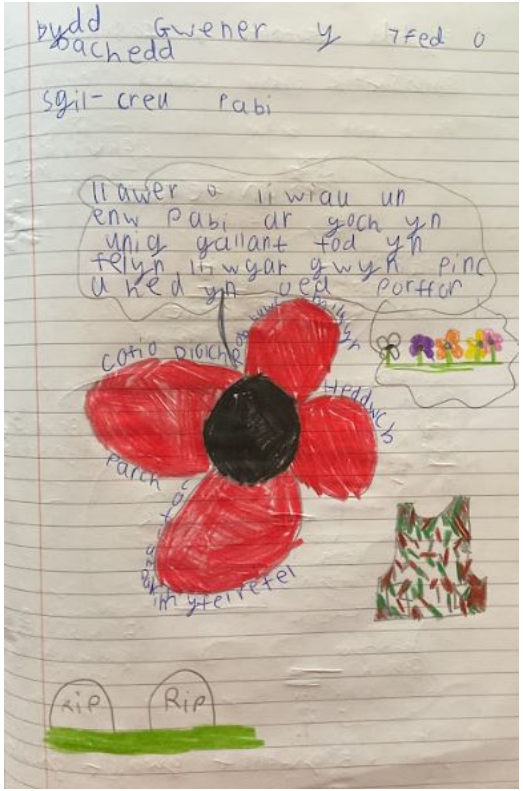


Year 1/
Blwyddyn 1

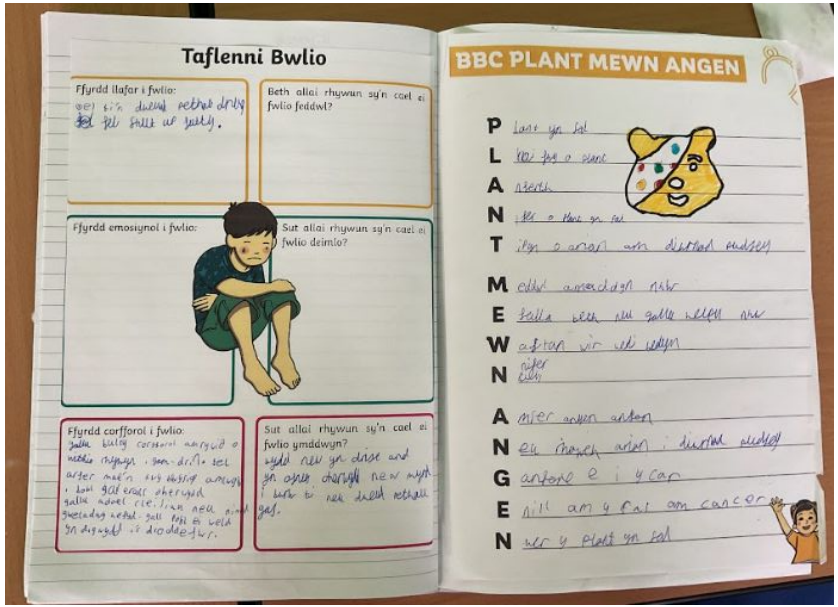
Year 2/ Blwyddyn 2

Year 3/ Blwyddyn 3

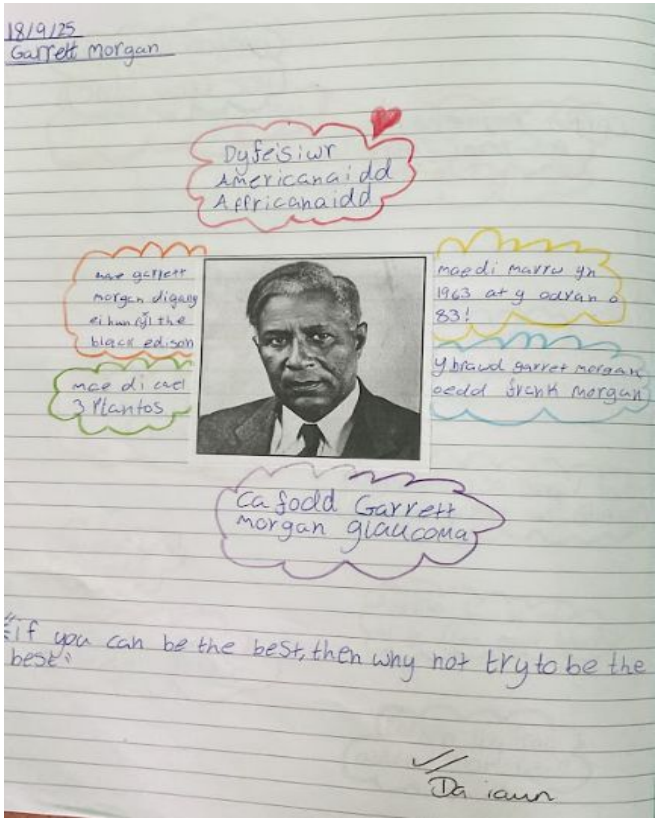




Year 4/ Blwyddyn 4



Year 5/ Blwyddyn 5

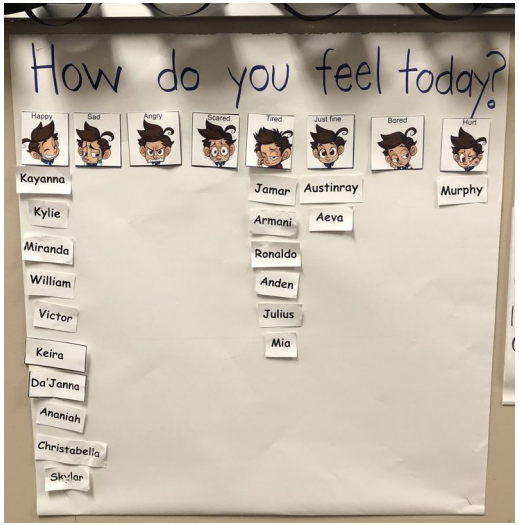


Year 6/ Blwyddyn 6

Wellbeing within our classrooms

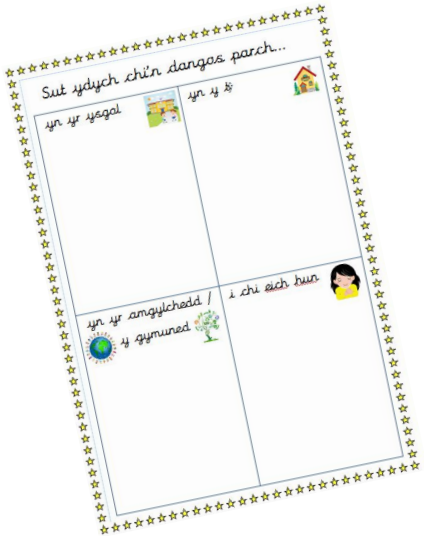
Each class has a 'Hafan' area, pupils can go to the 'Hafan' to have quiet time if they are sad, angry or things are too much for them. In this area, there is a feelings box which contains sensory items to use if needed.



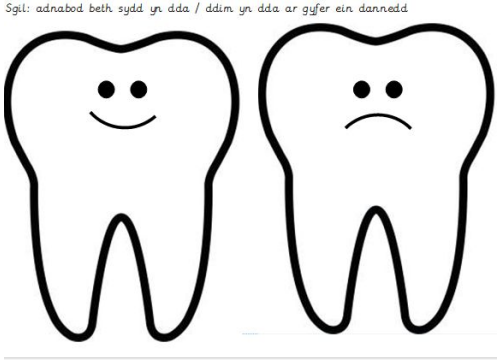




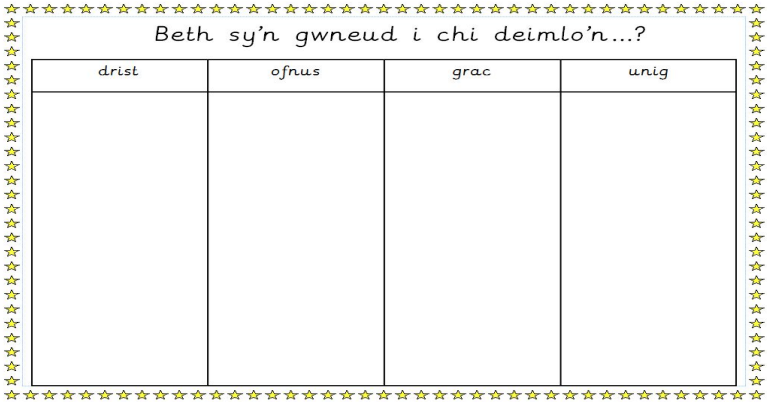
Activities that children complete during wellbeing afternoons.





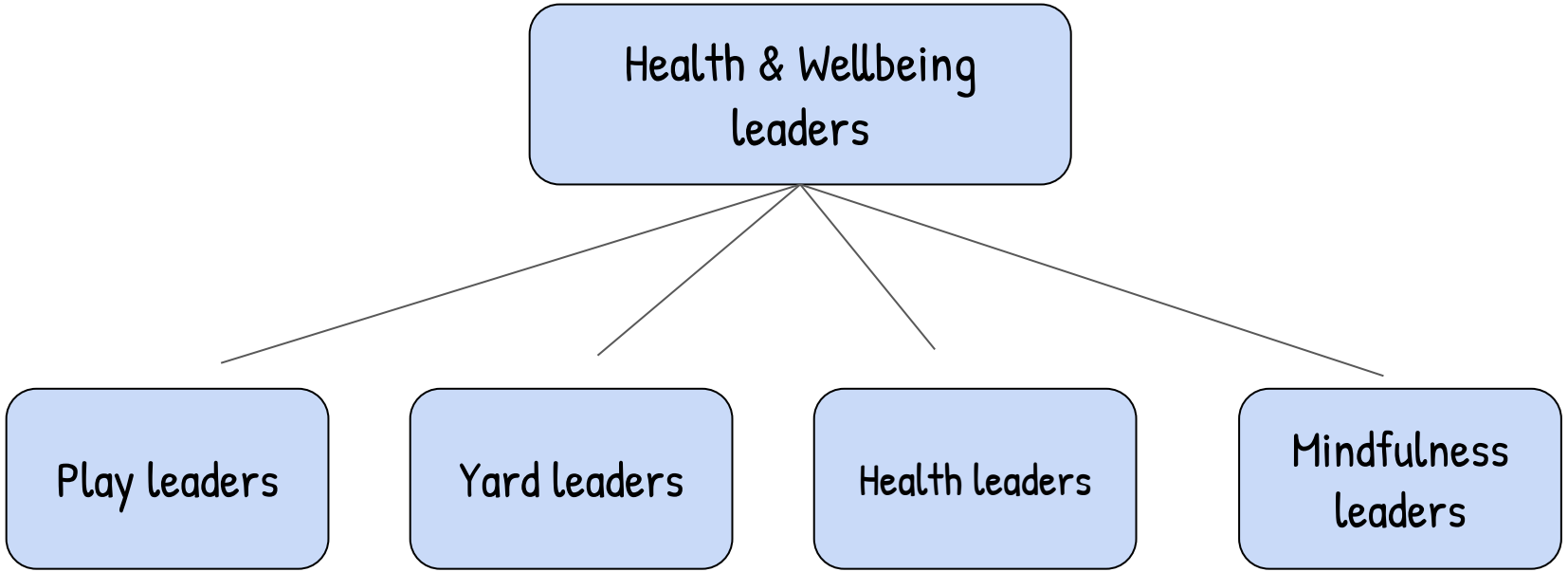






Health & Wellbeing leaders.

All pupils in Year 5 receive Young Leaders training on how to be a good leader and information about health and wellbeing roles. At the end of the training, the pupils choose what kind of leader they would like to be.



Health & Wellbeing leaders



Yard leaders

Responsible for ensuring that pupils in the yard are happy and feel comfortable to talk.

Mindfulness leaders

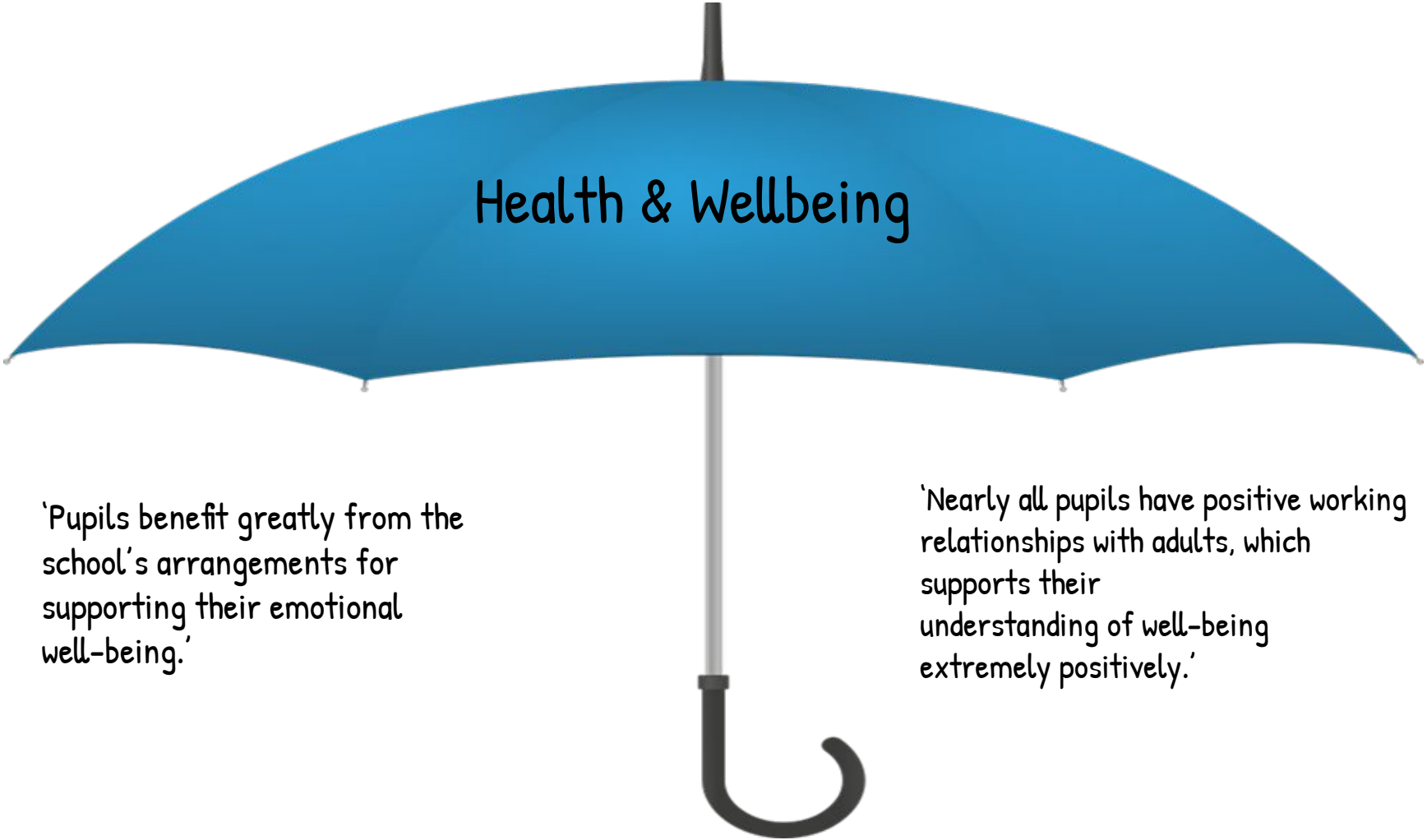
Responsible for helping to run mindfulness clubs that show mindfulness techniques to younger children.

Play leaders

Responsible for running sports sessions for the school's younger children, helping with sports day arrangements

Health leader

Responsible for collecting information about the pupils' lunch boxes and promoting healthy eating



'Pupils benefit greatly from the school's arrangements for supporting their emotional well-being.'

'Nearly all pupils have positive working relationships with adults, which supports their understanding of well-being extremely positively.'

Useful websites

https://hwb.gov.wales/

NSPCC

Samartians

Childline- Under 12's

https://cantamil.com/collections/iechyd-a-lles-plant-health-and-wellbeing-children

Llifo'n llawen - Welsh yoga videos

Questionnaire




Smile
Exercise
Spend time with nature
CLOUD GAZING
Breathe
Open Mind
Walk BAREFOOT
RELAX
RELAX
RELAX
MINDFULNESS
FORGIVE
FORGIVE
FORGIVE
POSITIVE THINKING
Plant
Cook
Take the dog for a walk
Take a bath
Chat with friends (listen)


YOU CAN'T POUR FROM AN Empty Cup.
TAKE CARE OF YOURSELF FIRST.

Questions...