



Children's wellbeing, confidence and self-esteem benefit from **EFFECTIVE APPROACHES** to the **WELLBEING INDICATORS** and **POSITIVE RELATIONSHIPS**

BLOG

INCHTURE PRIMARY SCHOOL
Bookshelf of Reading and Research

Our journey began in response to areas of improvement identified through our self-evaluation programme. These were:

- to increase pupil awareness and understanding of the health and wellbeing indicators
- to provide leadership of learning opportunities for senior pupils

In August 2017, we worked with pupil focus groups of children from all stages.

From this, we developed a programme of learning with health and wellbeing at the heart. We call this 'Feel Good Friday'.

During 'Feel Good Friday' children in P1-6 enjoy Health and Wellbeing lessons planned and delivered by P7 pupils in collaboration with a class teacher on an aspect of the wellbeing indicators. This lesson is delivered under the banner of 'Feel Good Friday'.

The first lesson is delivered and modelled by the teacher, with the P7 pupils assisting. The following lesson is delivered by the P7 pupils and assisted by the teacher.

For Early level, there is a focus on the meaning of the 'wellbeing indicators' e.g. nurtured, safe. At First and Second level, it is explored in more depth.

Pupils have a better understanding of the wellbeing indicators, which helps them to complete a personal wellbeing web in September and March. The results of each child's web identify indicators that need a further focus of learning within the class.

The impact of this work has been:

- Increased pupil awareness and understanding of wellbeing indicators
- Increased pupil leadership in learning
- Responsive planning in health and wellbeing
- Increased pupil voice in child's plans
- More resilient children that have adapted to changes in learning during the present pandemic with a can-do attitude.

Jane Savage - headteacher

