





Wellbeing Action Plan 2023–2025

Goal: All students to feel a strong sense of belonging and connection to Parkside Primary School.

Challenge of practice: If students feel connected to school, they will positively engage with their peers, teachers, and their learning.

	Rationale	Goal
Emotional Regulation 	Data collected tells us: Students may lack the capacity to feel comfortable in showing and managing a range of emotions in a school setting.	We aim to increase student's ability to: <ul style="list-style-type: none"> Understand emotions and be able to show their emotions in a supportive environment Feel less anxious about coming to school and during playtimes Have the ability to manage the experience of positive and negative feelings. Manage friendships with peers Establish that school is a place where they can show emotions.
Wellbeing Literacy 	Data collected tells us: Students lack an understanding of how they can communicate about their wellbeing.	We aim to increase student's ability to: <ul style="list-style-type: none"> Identify strategies they can use to support their wellbeing and mental health Build a toolbox of strategies that will enhance their wellbeing and ability to work positively with a range of people Use explicitly taught strategies that enhance wellbeing including self-talk, mindfulness, meditation and connecting positively with others.
School Climate 	Data collected tells us: Students lack the ability to identify and reach out to teachers when feeling excluded, facing challenges, and experiencing bullying in a school setting.	We aim to increase: <ul style="list-style-type: none"> A greater number of students feel included A greater number of students can identify an adult that is important to them at school and feel they can talk to a teacher if they feel upset. Less students experience verbal bullying when they are at school. A positive tone around the school, including the way teachers and students interact and how students treat each other.
Resilience & Persistence 	Data collected tells us: Students may face a range of worries about home and school life and may not have the tenacity required to pursue goals in challenging situations.	We aim to: <ul style="list-style-type: none"> Increase student's ability and tenacity to stick with things and pursue goals, despite the challenges that arise Support students to build resilience, with a focus on reducing worry

Actions 2023

Pupil Free Day (Thursday 6 April, Term 2) Focus on Wellbeing and Personal and Social Capabilities

Professional Learning Parkside Primary Staff attend 4 face to face presentations from the Department for Education Self-Regulation Service (SRS) Team with assigned Occupational Therapist Anne Marie Gibb (23 May, 1 August, 5 September & 17 October)

Parent information session run by Anne Marie Gibb and Wellbeing Team on 14 August (6 – 7:30pm)

Create Self-Regulation Space (Reset Space)

Newsletter Articles to focus on Emotional Regulation, Self-Regulation and Friendships

Data Collection

Wellbeing Engagement Collection Term 2

Be You Survey every second year

Parkside Primary School data, surveys and observations