Pupil Wellbeing Policy

Policy Name	Pupil Wellbeing Policy 2025-2026
Policy Owner	Headteacher
Governing Body or Working Group Approval	Full Governing Body
Last Reviewed	Spring 2026
Next Review Date	Spring 2027
Status and Review	Statutory and annually
Policy Source	

At Charlwood Village Primary School we believe that pupils will only learn and grow if they are physically and mentally well. We are committed to encouraging pupils to lead a healthy lifestyle through what they eat, the physical exercise they take and through talking about their worries as well as building resilience for future challenges.

Healthy Eating

At Charlwood Village Primary School we encourage pupils to eat healthily. At snack time Foundation Stage and Key Stage 1 pupils are provided with fruit or vegetables through the School Fruit and Vegetable Scheme. In Early Years they are provided with semi skimmed milk until they are 5 years old. After this they are asked to bring in either water or juice or pay for milk to be provided. In Key Stage 2 pupils need to provide their own fruit snack for playtime. At lunchtime pupils are provided with either water, juice or semi skimmed milk with their lunch.

In Early Years and Key Stage 1 parents are encouraged to take up the free school meal for their child, however they are also welcome to bring in a packed lunch.

Ideas for healthy snacks and packed lunches are sent home regularly to parents. Pupils learn about healthy eating in science.

Physical Activity

Physical activity is a key part of our school. Key Stage 1 and 2 take advantage of competitive opportunities available. Pupils work with a multi skills coach, dance specialist and gymnast in curriculum time. Some are also available as an after school/evening club. Pupils learn to swim from reception. Physical activity is encouraged at playtimes and lunchtimes. We have a trim trail. Classes and year groups take it in turns each day to use the trim trail. We have a Sports Coach at lunchtime who provides a range of activities to play. At playtime our Sports Leaders organise and run activities for pupils at playtimes.

Our pupils also take part in the Daily Run or another daily activity, such as Go Noodle or Jump Start Jonny.

We encourage pupils to take sustainable travel to school such as walking, cycling or scooting. We encourage our pupils to cycle where possible. Our after school clubs also promote healthy living, for example; football, art and dance. Pupils are also encouraged to take up a musical instrument and a few of our pupils now have guitar lessons.

Mental Wellbeing

At Charlwood Village Primary School we believe that mental wellbeing is as important as physical wellbeing. Pupils enjoy PE on top of the active playtimes and clubs they can also take part in. Our sport and PE lessons don't just focus on the physical benefits but also on the importance of team work and co-operation.

At Charlwood we believe that to be an effective learner you need to be healthy in body and mind. Assemblies and Big Think Times are used to talk about what we do when we are worried about something, who we can talk to. There is a Time to Talk envelope which pupils will put their name in and Mrs Lanham-Sturgess will ensure they have an opportunity to share their worry. Pupils also know who their School Council reps are. They know they can talk to them and then they will raise any problems at the School Council meeting. We also have a trained Emotional Literacy Support Assistant (ELSA) who works with specific pupils across the school. The ELSA also meets with their parents and liaises with the class teacher so that there is a consistency in approach. In assemblies and Big Think Times pupils also talk about how they can become more resilient. They discuss what they can do to keep themselves safe and what they should do if they don't feel safe.
Pupils are regularly encouraged to talk about their problems to an adult they trust. The adults in school have regular safeguarding training and know the procedures to follow should the problem require referral to an outside agency. We also have a school dog called Coco. She is used as part of our wellbeing offer too. Pupils can spend time with her. She is often used if pupils are upset or worried about something. Our School Council Reps also lead the Charlwood Chill Zone at playtime.
Any pupils who cause a safeguarding concern are referred to the DSLs using the Cause for Concern Forms.

Parents

We have an open door policy in our school. We encourage parents to come and talk to us if there are any issues which may affect their child, for example; if a family member is unwell or if there are any changes to the family unit.
If a pupil is absent from school due to a long term and serious illness then the school provides additional support for the pupil to support the learning they are missing in school. As a small school we pride ourselves in knowing our pupils and their families well so that we can offer them support and guidance which is tailored to their individual needs.

Our PTA also supports parents throughout the year with the events they put on. These events allow parents to network with each other and develop support for each other

Staff

We believe that staff mental and physical wellbeing is essential to ensuring that pupils receive the best teaching and support as possible. The Governors and Leadership Team always aim to provide support during difficult times, for example through the Employees Assistant Programme (now known as Team Prevent) as well as by being as flexible as is possible to help them attend medical appointments and their own family special occasions. The Leadership Team consult with staff to find out how the school can best support them and help them to feel valued.

Other Policies

This policy should be read in conjunction with:

Health and Safety
Child Protection and Safeguarding
Whistleblowing
Anti-Bullying
Behaviour
PSHE
Staff Code of Conduct
Staff Mental Wellbeing Policy

Success Criteria

We will know that this policy has been successful when:

- Pupils know who they can turn to when they need help and support
- Pupils develop strategies to help them become more resilient
- Parents know who they can turn to when they need help and support
- Parents develop their own strategies for resilience to help them deal when family life is challenging
- There is a reduction in pupil and staff absence
- Staff can spot and act on signs of pupil or adult stress and mental health problems
- There is a calm, strength and resilience amongst the school community