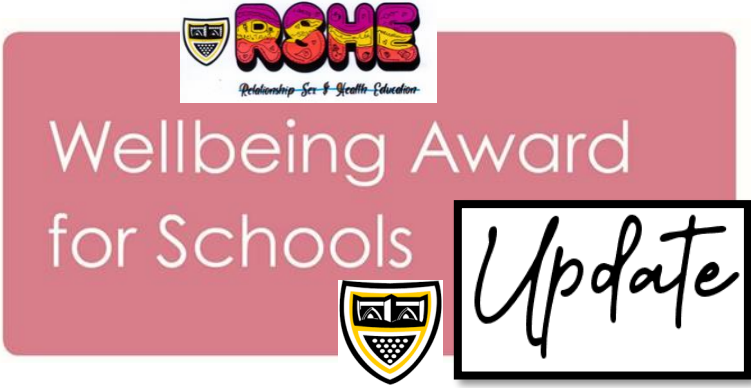


OCT 2023



Wellbeing Award Assessment

In November the school will go through a rigorous process to assess our success with the Wellbeing Award for Wadebridge School. This process will include interviews with Staff, Pupils and Governors, as well as presentations explaining how we have worked to meet each criterion.

You may remember completing a Wellbeing Questionnaire many months ago when we started the award. We now need you to complete this again; to hopefully demonstrate our progress in this field. We would very much appreciate your input.

A reminder



- New initiatives we have recently implemented...**
- Wellbeing Evening Sessions for Parents
 - Mental Health First Aid Training for Parents
(next training dates: 7th & 9th Feb)
 - Support Sessions for Adults with SEND pupils
 - Breakfast Club for all pupils
 - Meet the Tutor event
 - Regular Wellbeing Newsletters
 - One to one Academic Mentoring for pupils
 - Small group Mentoring for pupils



Wellbeing – School Tour



OCTOBER 2023

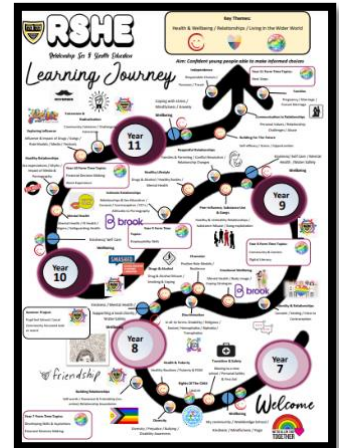
Information for Parents



The RSHE Curriculum

For your information, please review our RSHE learning journey for 2023-24. This outlines the topics to be completed by all year groups in our weekly RSHE lessons. If you have any further questions about any of the topics covered, please contact hpearson@wadebridge.cornwall.sch.uk

Click on the learning journey poster for a closer look at the document.



Wellbeing Focus

Each year group begins the year with a Wellbeing Focus, such as self-care, yoga, mindfulness and dealing with stress. This provides our pupils with a toolbox of techniques they can draw upon. This knowledge also creates the basis for further learning about mental health later on in school.



Self Care Support



Run by pupils, for pupils.... Our Plan B lockers provide essential items to anyone in need.

If you find yourself in need of personal products, such as:

- Period products
- Deodorant
- Toothbrush / Toothpaste
- Shampoo / Shower gel



You can access these in our **PLAN B Lockers**. Look for the posters on various lockers around school. The locker will tell you where to access the key.

No questions asked! – Just ask for the Plan B locker key, or give the Locker Number.



Any questions about any of the content of this newsletter, please email hpearson@wadebridge.cornwall.sch.uk