



Chatelherault Primary School

Pupil Groups

Group: Health and Wellbeing Group

Mrs McCreadie and Miss Healy Date: March 22



Points from previous meeting:

Listen to me box

Activities to increase mental and physical wellbeing

Main discussion points from today:

Discussing how to increase mindfulness and decrease stress throughout the school

Listen to me box is being used by lots of children – Mrs McDonald Mrs Stewart, Mrs Dunbar check box regularly and talk to children when they need listened to.

Remind class boxes are for names not litter

Buddy bench – flags finished and now located in playground.

Children enjoyed relaxation time and were reminded to ask teachers to spend time focused on mindfulness.

Future ideas

Stall at sports day- promoting health and wellbeing- mindfulness colouring and feel good dancing, water stall!

Have Days of the week such as

Fun Fitness Friday / Fun Fifteen Friday / Feel good Friday

Wellbeing Wednesday

Talking Tuesday

Thirsty Thursday

Hold a Friendship Day to celebrate

Focus Article:

Article 12 – to be listened to by an adult and taken seriously.

Article 6 - Right to live

Article 31 - Right to play and rest

Action Points:

- Check how the buddy bench is going
- Organise stall for sports day - day TBC
- Promote listen to me box