



Chatelherault Primary School

Pupil Groups

Group: Health and Wellbeing

Date: 31.08.2022



Points from previous meeting: N/A - First meeting of 2022/2023

Main discussion points from today:

- Introduced and welcomed new health and wellbeing ambassadors.
- We discussed our important role in the school community to promote good health and wellbeing for everyone.
- It was identified that health and wellbeing also includes good mental health - as well as being active and eating healthy food.
- As a group we discussed different ways to promote health and wellbeing in our school.
- Feedback from this discussion included:
 - Introducing mindfulness colouring spaces in the classroom.
 - Promoting healthy eating.
 - Reinstatement of the 'buddy bench'.
- The group agreed that it was important to focus and promote the 'buddy bench' as members felt that children had forgotten to use them, especially after Covid-19 class bubbles.
- We will aim to do this through creating posters and signs to remind children about the purpose of the buddy bench.

Focus Article:

ARTICLE - 24

Children have the right to the best possible health.

Action Points:

- Children think of poster design ideas to promote the buddy bench for the next meeting.

Minute Taker: Miss Jamieson