



Chatelherault Primary School

Pupil Groups

Group: Health and Wellbeing

Date: 26.10.2022



Points from previous meeting:

- Our role in promoting 'fruity Friday'
- Creating and displaying our posters in our classrooms.
- Encouraging our friends to participate in 'fruity Friday'.

Main discussion points from today:

- Recap of committee purpose:
 - Promote health and wellbeing around our school.
 - Awareness that good mental health and wellbeing is as important as physical.
- Group focused their discussion on the school's buddy benches.
- Discussed ways in which we can raise awareness of the buddy bench.
 - Create posters.
 - Talk to our classes.
 - Speak at assembly.
- 8 pupils volunteered to speak at assembly and created a list of points they would like to focus on.
- Committee discussed the possibility of using house points to further promote and encourage the use of the buddy bench.

Focus Article:

ARTICLE - 24

Children have the right to the best possible health.

Action Points:

- Miss Jamieson to speak with SMT to arrange suitable time for individuals to speak at assembly.
- Committee to create and complete posters to be shown at assembly.

Minute Taker: Miss Jamieson