



Sunnybrow Primary School

Whole-school strategy for developing Emotional Wellbeing and Mental Health Provision 2022-2023

This year, we want to continue to develop our Wellbeing Journey. We have identified 3 key priorities for the school year.

1. Continue to embed our '5 ways to shine'.

We will appoint new Sunshine Supporters, who will be trained to support pupils during playtimes to ensure they are happy, healthy and active.

We will have 'wellbeing assemblies' every 3 weeks, which will focus on one of our '5 ways to shine'.

We will take part in National Campaigns to help raise the profile and awareness of wellbeing and mental health in school.

2. Develop awareness across school of the importance of a balanced diet

Our school council will play an integral role in developing this awareness by investigating our current packed lunch and tuck shop policies and working with staff to devise new guidelines and advice for staff and parents.

3. Raise awareness of the importance of developing and supporting resilience across school communities.

We believe that resilience is highly linked with academic achievement and success. Over the next academic year, we will be taking part in the Durham Resilience Project for schools to develop, implement and review a bespoke action plan to improve resilience-promoting practice within Sunnybrow Primary School.