Wellbeing

Wellbeing

At Dell Primary School, we are deeply committed to the wellbeing of our pupils, recognizing that a focus on wellbeing is critical to their personal growth, happiness, and success. Our whole school **Wellbeing Curriculum**, is designed to help students understand, support, and enhance their own wellbeing while building empathy and awareness of others' needs.

A Holistic Approach to Wellbeing

The Wellbeing Curriculum is both **explicit** and woven into the wider curriculum, ensuring that children regularly engage with wellbeing principles in a meaningful way. Our approach fosters an environment where students can:

- **Learn about wellbeing issues** that affect them and their peers,
- **Develop strategies** to manage their emotions and responses,
- **Raise awareness** of the importance of mental and physical health.

By doing so, our aim is to help children become more **conscious of their own and others' wellbeing**, empowering them to be **well-rounded citizens** who are capable of making positive choices and supporting those around them.

Curriculum Aims

The Wellbeing Curriculum is built around the following key aims:

- **Learning how new skills and interests can improve mental wellbeing**: Encouraging students to try new activities that bring enjoyment and a sense of achievement.
- **Enhancing confidence, resilience, and self-esteem**: Helping children build a positive self-image and the ability to bounce back from challenges.
- **Paying attention to the present moment**: Teaching mindfulness techniques that enable students to stay grounded and manage stress.
- **Developing an awareness of different strategies to support their own and others' wellbeing**: Providing tools such as relaxation techniques, positive self-talk, and problem-solving.
- **Valuing empathy and building social skills**: Emphasizing the importance of understanding others' feelings and building strong relationships.

- **Promoting positive attitudes towards mental health**: Reducing stigma and helping children feel comfortable discussing mental health.
- **Exploring how positive actions can impact others**: Encouraging students to see how kindness and cooperation can improve the wellbeing of their peers and community.
- **Building self-awareness and emotional literacy**: Helping children recognize and name their emotions and understand how to manage them.
- **Understanding the benefits of physical activity on wellbeing**: Highlighting how physical health contributes to mental and emotional wellbeing.

The Whole School Path

Wellbeing is at the core of our students' development throughout their school journey. As they move through their schooling, they will progressively build on their understanding of what it means to be mentally, emotionally, and physically well. Starting with basic concepts of self-care and emotional expression, students will eventually develop more advanced strategies for managing stress, fostering positive relationships, and supporting the wellbeing of others.

At Dell Primary School, we are dedicated to creating an environment where every child can thrive—not only academically but emotionally and socially. Our Wellbeing Curriculum is designed to ensure that every student leaves our school with the skills, knowledge, and confidence they need to lead a healthy, fulfilling life, both now and in the future.