

Wellbeing award for schools 2023

What our children said in November 2023:

In our school, we learn about how important it is to about our feelings and emotions.

We talk about it most of the time and even have days dedicated to it.

In PSHEE, they talk about how healthy relationships improve our feelings and emotions drastically.

If you are sad, a teacher will always come and make you feel happy.

We have to help when anyone feels down, sad or angry.

If we are upset, we are advised to talk to someone we can trust.

People have listened to what my feelings are.

We always talk about it in class and other places around school and we have emotion boards in each class.

I believe I can make a difference if someone else is feeling worried or unhappy.

I can walk up to them and sit beside them and ask them why they are feeling blue or worried.

Wellbeing ambassadors are the only people who know more about wellbeing compared to normal children.

I am a wellbeing champion and I've been around school and helped my friends with their mental health. It's proved I'm very sensitive to emotions and I sometimes get upset. When another child is sad, I calm them down and eventually, they talk to me about their problems.

If somebody is feeling unhappy or worried, I will go and play with them and help make them happy.

I am a peer mentor and I sort out arguments nearly every day.

We are a community, and we learn to help people who need help whether they are our best friends or not.

Our school is very joyful so if anyone is in a bit of a mood or something, we will all help each other.

I am good at making people laugh and smile.

Even I, myself have been cheered up by others here.

I can help the person by making them laugh or having a conversation with them and maybe possibly go and tell a trusted adult about the situation.

I always want to help them.

I would let them play with us in our game.

Because if it's my friend I'll feel sad because it's my friend and they are everything to me.

My school really cares about me and how I am feeling.

The teachers are kind and caring.

Our teachers listen to us.

Whenever I get mentally ill, then everyone is there to help me feel better.

Because they ask us about our feelings. If I'm upset, they ask me if I'm ok.

Everyday, every minute, every hour of school, all of my teachers and staff members in our school always care about us.

We are all important they say to us.

Because we are a family.

Yeah, I always notice that. I like teachers for that.

When I am in school, I feel like I matter.

People listen to me and want to make me happy.

My teacher has an emotion board and she always asks if I am ok.

They always take care of me and make sure I'm safe in my environment.

If needed, I would feel comfortable talking about how I am feeling at school.

Yes, because all the teachers take notice.

I get very sad sometimes and I would.

If I keep it in, no one will know and no one can help me.

Kinda, because I actually don't go to anyone and I don't have problems.

Yes, because teachers have like kind of a power and they will know when you are under the weather and you can just go and talk to them.

Sometimes if I don't want to tell a teacher then I will tell a friend so they can help me.

Sometimes I just like to tell my family but I will talk to people in school.

Because I don't always feel comfortable to tell every teacher but I do have teachers I know I can talk to.

I don't like to talk about my feelings, despite that, I need to.

I would rather just talk to my family.

Yes, because if I talk to them, they will help me.

I am able to get help at school when I am feeling worried or unhappy

People care

My friends and teachers cheer me up

People are always there to help you when you are feeling sad

Yes and no. I don't ever feel sad or worried

I tell them when I'm upset and they often give me a prayer bear or a comforting teddy bear.

Yes, if I tell, the teacher will help me.

I always feel I can go to headteachers, lunchtime teachers or teachers if I am worried or stressed. I think I am always safe.

All the teachers are trained for this so yes.

There are loads of possibilities to talk to them privately.

I get help all the time when I tell them how I am feeling.

All the pupils in this school will be able to get help if they feel worried or unhappy by all the teachers because teachers want the children to always feel happy and to feel safe at this school.

The school really cares about what I think and listens to what I say

Yes, we have school council and we can tell them what we think

We have democracy

We have ambassadors to help us

We have so many different people that have a job in school

Whenever I am sad the NEVER ignore me

Yes because I know they will answer me back and talk to me about it

Yes because in some schools some teachers don't care but all the teachers and friends listen to you just like we all do in our school

We do a lot of democracy and no one is left out

Teachers gladly listen and they care about what you say

They always listen and I know they are trying their best to help our school. I love that about them.

We have DSLs to help

Yes, and I'm lucky to be here

When I speak, they listen.

All the teachers will take in the information that you say so they can help you.

