



What's going on at Glade Well-being

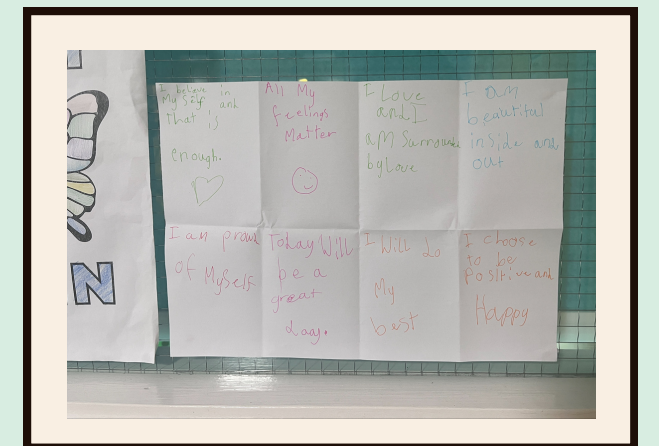
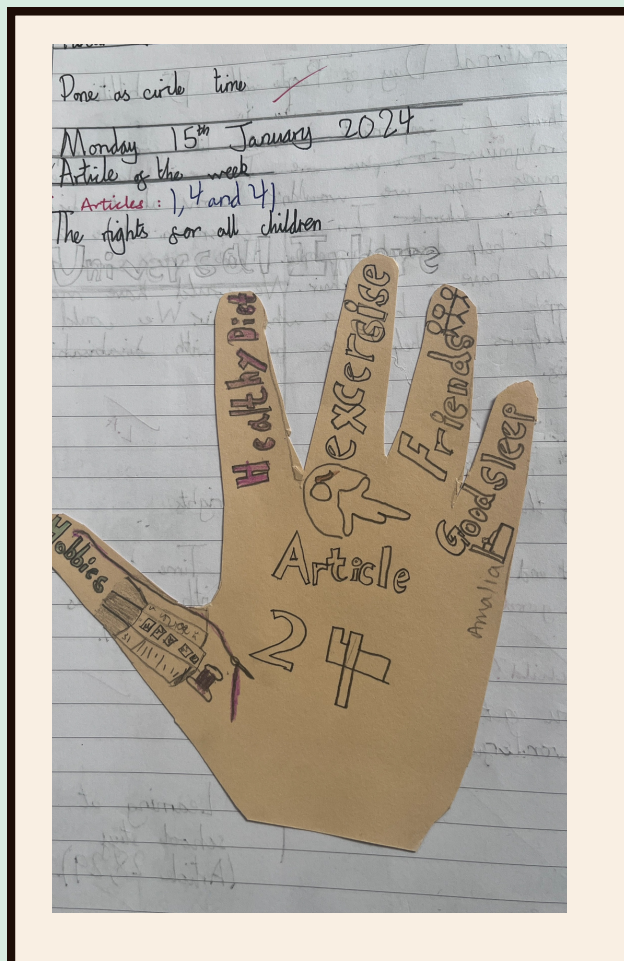
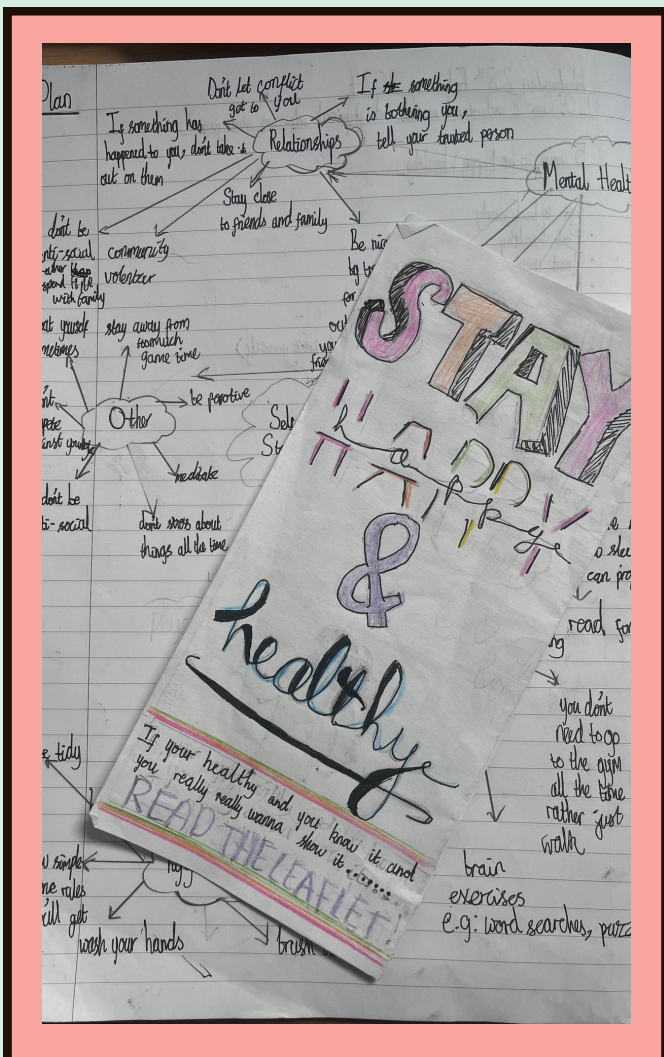
At Glade Primary, we understand and recognise the importance of mental well-being and the impact of mental health on overall quality of life.

PSHE

As part of the PSHE curriculum, there is a big focus on mental health, self regulation and relationships across all year groups. Children cover things such as how to be a kind friend, what makes them happy, recognising different emotions and strategies to help their well-being.

Nurture Classroom

Over the last few months, we have been developing a Nurture Classroom which provides a space dedicated to wellbeing and mental health. Children from across the School access this room in a number of ways. Some pupils have interventions such as ELSA in this space, whilst others enjoy Colour & Chill.



Colour & Chill

We have a daily wellbeing club called Colour & Chill. During this, children get to listen to relaxing music, colour pictures in, free draw or just have a chat with our wellbeing mentor. The club is so popular that children will sign up for days in advance to secure their space!



Peer Mentors

Over the last few weeks, we have been re training some of our pupils on a peer mentoring program. This is a powerful approach to support young people who may be experiencing difficulties with emotions, social interactions or friendship challenges. It involves trained peers, usually of a similar age, who offer guidance, support and a listening ear to those in need. It is very effective as it enables involves relatability, shared experience and empowerment.

