



# School Council Well-being Newsletter



January 2026

## Who are we?

We are your School Council - a group of pupils working together to make our school a happy, healthy place for everyone. As part of our school improvement targets this term we are working with Miss Francis on improving wellbeing for everyone.

## What is our role?

- To be positive role models
- To develop a positive mindset amongst pupils in the school
- To promote happiness in school by focusing on the 5 ways to wellbeing
- To help others feel safe and listened to
- To welcome new children to our community

## What have we done last term?

- Appointed 5 Wellbeing Ambassadors to work alongside school council to be positive role models and support children who feel lonely and upset
- Created a termly newsletter for parents
- Created a page of resources on our new website for children and parents
- Created a child friendly anti-bullying policy to go up in classrooms and on the website
- Designed worry boxes to go in each classroom

## Our targets for this term

- Launch a Kindness Challenge
- Complete a safety mapping exercise of the school to see where we feel safe and areas we want to improve
- Look at the pupil wellbeing survey results to see what areas children can learn about becoming healthier e.g. screen time, bed time routines, exercise and healthy eating and give a topic to each year group to study.
- Regularly update our school wellbeing page with tips



## Raffle Winners

A big thank you to those parents who completed the wellbeing questionnaires. The winners drawn by the school council had front row seats at the Christmas Concert. Congratulations to the parents of: Marcus, Amber, Ruby and George

## Visit our School Website

Check Out Our Pages on the Website  
 Visit our Wellbeing Hub online! [The Pear Tree Federation - Pupil Wellbeing - Lles Disgyblion](#)  
 And parents visit:  
[The Pear Tree Federation - Parent information & well-being support - Gwybodaeth a chefnogaeth i rieni a lles](#)



## Well-being Tips

- ✓ Take 5 deep breaths when you feel stressed
- ✓ Drink water and stay hydrated
- ✓ Share a smile - it makes someone's day!
- ✓ Go outside for fresh air

