



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?

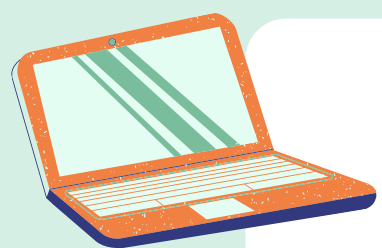
- To be positive role models
- To develop a positive mindset amongst pupils in the school
- To promote happiness in school by focusing on the 5 ways to wellbeing
- To help others feel safe and listened to
- To welcome new children to our community

What have we done so far?

- Appointed 4 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



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