



# Wellbeing at APSF



At Abbey Park Schools Federation we believe that good mental health and wellbeing is the basis for a happy and successful life at school and beyond. We strive to improve the wellbeing of our pupils and staff in everything we do, seeking to build resilience and to identify and support our pupils and families who face challenges.

## Who supports the wellbeing of our pupils?

All staff do.

## Who leads wellbeing across the Federation?

A team of staff: Rebecca Scully (Executive Head teacher), Claire Mitchell (Head of First School), Sati Witts (Federation SENDCO), Neil Grimshaw (family support worker) and Bev Cross (Federation PSHE lead).

## Where can parents / families get extra information?

Our website has a wealth of links to give families strategies and support:

[Health and Wellbeing - Abbey Park Schools Federation](#)

Early help offer:

[Safeguarding - Abbey Park Schools Federation](#)

Wellbeing hub in Pershore

## What do we do to support the wellbeing of our community?

- Zones of regulation - a programme used to support pupils, staff and parents in recognising and managing their emotions
- Being a trauma informed school
- PSHE (personal, social and health education) lessons - ensuring these address wellbeing and good mental health for all pupils
- Specialist intervention such as bereavement support, play therapy, mindful and gratitude activities
- Parenting courses run by our family support worker
- Extra-Curricular clubs that support well-being
- Signposting parents to extra support such as targeted family support, support with financial difficulties
- Wellbeing activities for staff, including signposting to help if needed
- Additional activities built into the curriculum to enhance positive wellbeing such as pupils accessing the velodrome
- WOW days to enrich the curriculum and boost mental health and wellbeing such as our Sports themed days and the Commonwealth which includes the annual colour run.
- Enriched lunchtime provision to include more equipment, library time, optional indoor activities and quiet spaces.
- Signing up to the education wellbeing charter
- Links with local well-being initiatives such as the Wellbeing Hub in Pershore.
- Most importantly being an approachable staff group who are prepared to listen and help