



School Council Updates

School Life Questionnaire Results



We have learnt from doing the questionnaire that some children in KS1 and lower KS2 did not understand the wording of the questions. The language was too tricky.

We picked out three questions where children in KS1 said they did not agree. We wanted to tell you about the things we already do to help you feel a little bit better.

“I know how to look after my mental health”



School Council define mental health as how you feel inside and you can be happy or sad. People think that mental health is always bad, but you can have good mental health too.



To look after our mental health, we can talk to friends, family, teachers, the DSLs and anyone we feel comfortable talking to.



In our jigsaw lessons, we often talk about our mental health but don't always realise that this is what we are talking about.



“I have the right support around me”

If you are finding something tricky, you can get help from ...

- Books
- Teachers or teaching assistants
- Displays on the walls
- Your friends
- C3b4me

“I feel safe at school on the playground”



Being active is good but this does mean that you might get hurt or bumped.



We can use equipment sensibly to try to feel safe.

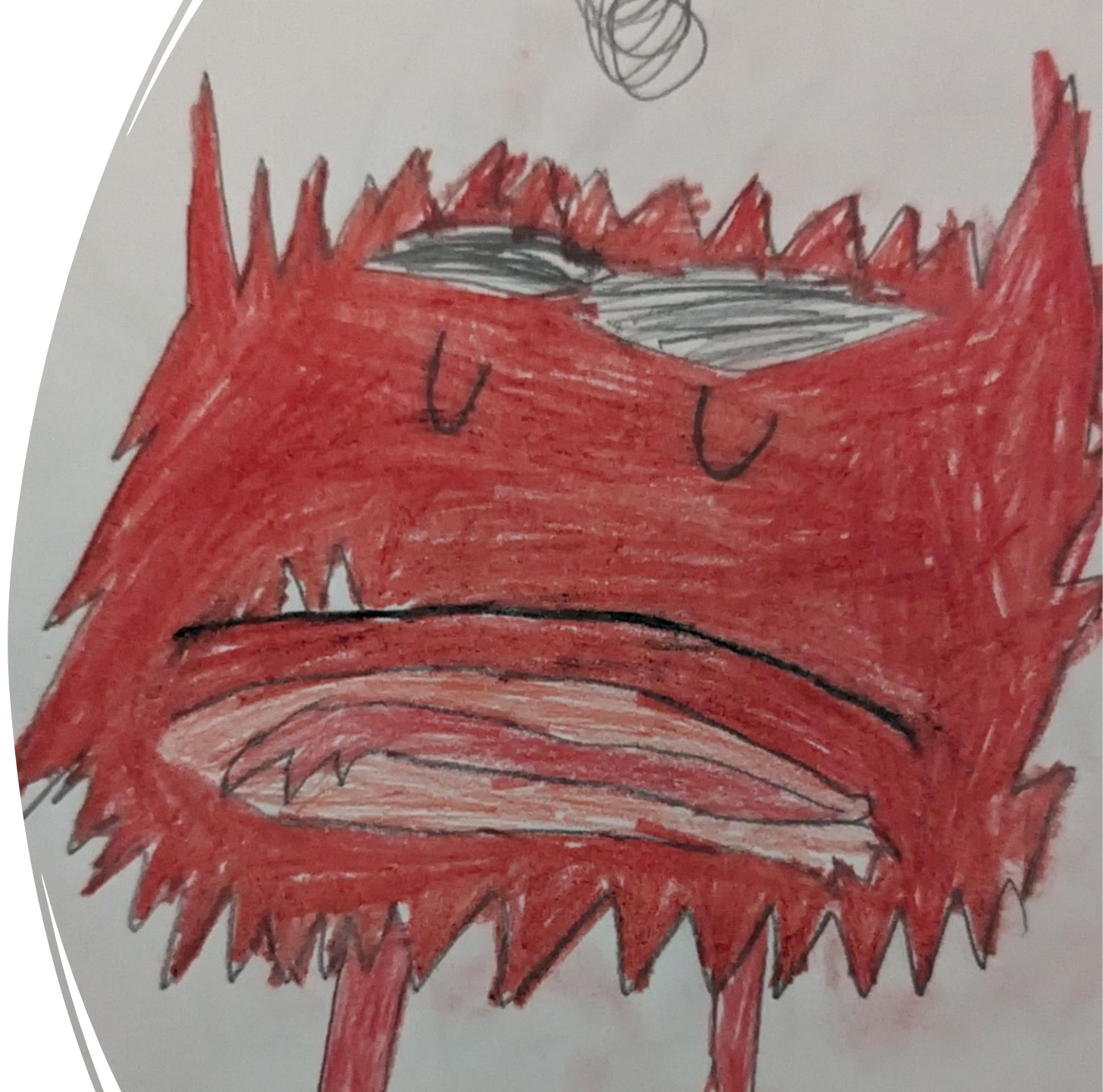


Classes are split up so there are not too many children in one place.

Sometimes we all get angry on the playground.

What is anger for?

- Anger is an important emotion.
- It calls us into action – If we see something happen that is wrong we need to do something about it.
- If we get angry we can listen to that anger. Think carefully and then act.

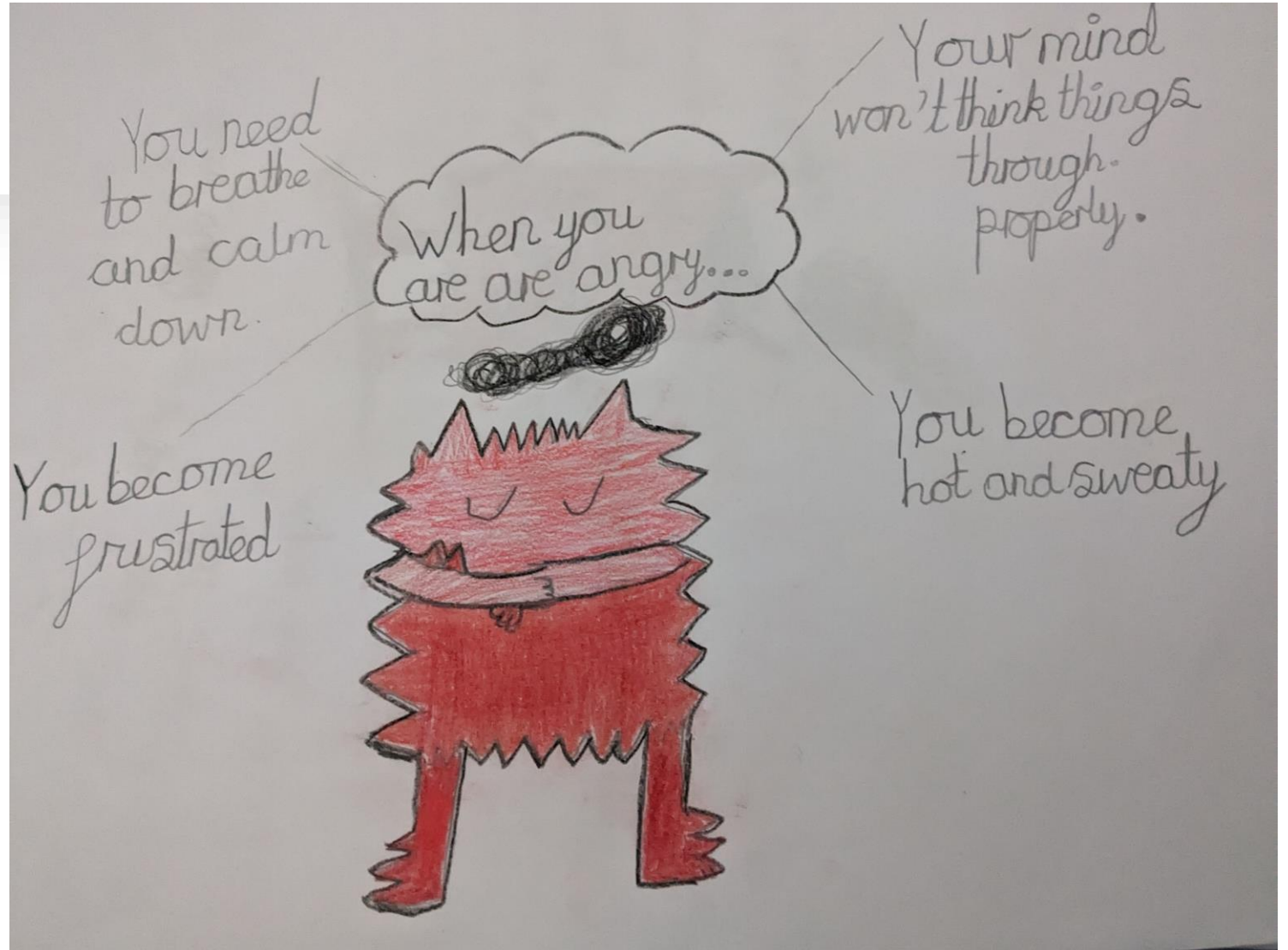


Why might we feel angry on the playground?

- People do an unkind thing to you or your friend.
- People laugh at you.
- People don't share with you.
- People don't let you join in their game
- People don't listen to you.
- People snatch something rather than play altogether.
- People say unkind things to you.
- People push you.

What happens when we feel angry?

- Hot
- Sweaty
- Get a lot of energy
- Agitated
- Shout
- Swear
- Hit / Kick / Punch / Push





What can we do?

Pause with Gerry Cat and think about what to do.

We might count to 10

We might do rainbow breathing to help us keep calm.

We act by talking to the person or an adult calmly.

We say, 'Stop I don't like that!'