

July 2018

Wellbeing in Schools

Bedazzle and Milking Bank Primary



Charity Number 1166683

Schools Wellbeing Support

Bedazzle and Milking Bank Primary

Once again this year, we have had the pleasure of working with Milking Bank School, offering a range of universal and targeted interventions around wellbeing, mental health and behaviour. The academic year ended on a real high note with the school celebrating many successes and rewarding staff, students and parents with a wellbeing week.

Through the summer term, as well as weekly visits in the SEN department to support with behaviour, we have worked with Year 6 on coping with Stress Workshops in the run up to SATs and their transition weeks. They also enjoyed Yoga and Dance sessions outside during SATs week, giving them a much needed break from being behind a desk in a silence.



Wellbeing Week

Support for Students, Staff and Parents

Wellbeing Week saw the normal timetable collapsed for the week with school staff pulling resources and activities focused around the 5 ways to wellbeing, with guidance and input from Bedazzle and Sarah Hodgkins, who offers Relax Kids sessions for schools, amongst many other things. The school also incorporated their sports days into the week.

Nursery and KS1 participated in a daily mile nature trail and met our mascot Zi-Zi at the end of their walk. We were also able to gift each year 6 pupil a brand new bike to take with them and reward them for their excellent work this year, thanks to the generosity of BT.



Despite being in the thick of rehearsals for the production of Grease, also happening that week, Year 6 still managed to find time to participate in sponsored sessions on the exercise bike as a way of

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showing their gratitude for their new wheels! Their teachers even got involved..



The week also included a tea and talk morning for parents, to introduce them to the charity and our work and to offer some practical tips for supporting the Mental Health of their children. Staff had their own relaxation sessions and a shared lunch on Friday where they took time out of their classrooms to actually sit and enjoy their lunch. We closed the week with a non uniform day in aid of Bedazzle's Big Dance Day, which saw each class participate in a dance off on the school field.

