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| Bewsey Lodge Primary School; Mental Health & Well-being Pupil Survey September 2024 | |
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| At Bewsey Lodge, we want to support each of you in every way we can, especially when it comes to your mental health and wellbeing. That’s why we sometimes ask you to fill out surveys – so we can understand how you’re feeling and find ways to make our school an even happier place for everyone.  From what you’ve shared, it sounds like most of you feel happy here at school and know there are adults you can talk to if you ever feel down. You’re also learning ways to help yourselves feel better when things are tough, and that’s really important.  See the source imageRemember, there will always be people here to listen and support you, no matter what. Thank you for helping us make Bewsey Lodge a safe and caring place for everyone. | |
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| Some of you said that you tend to worry about  Things like school work, friendships and bullying.  Some of you said that you often  find it difficult to control your emotions. |  |

We understand that feeling worried about things can be really tough and it’s completely normal to have these feelings. When it comes to schoolwork, remember that you’re here to learn, and no one expects you to be perfect. It’s okay to ask for help when things feel difficult; teachers and friends are here to support you. With friendships, it can take time to feel comfortable and find people you really connect with. Being yourself is the best way to build true friendships, and it’s okay if it doesn’t happen overnight. If you’re feeling worried about bullying, please remember that there are people who care about you and want to help. You never have to face those feelings alone. Here at Bewsey we have **zero tolerance** for bullying and that is why we celebrated Anti-Bullying week! If you or someone you know is being bullied then talking to a teacher, family member, or another adult you trust can make a big difference and don’t forget the Playground Pals!

When it comes to controlling emotions, that can be hard too – especially when things become overwhelming. Remember, strong feelings are normal and it takes time to learn how to manage them. We can work together finding ways to help, such as taking deep breaths or using some of the strategies you will have learned in your mindfulness sessions. Just remember, you’re not alone in this, and we’re here to support you.

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| **Other things you said:** | | | |  |  | | | | |
| We should have play times/breaks from learning whenever we want and need it.  *While we can’t have breaks whenever we want, we do our best to plan breaks and activities to give everyone a chance to rest and recharge.*  We should have longer breaks.  *That would be nice but then we wouldn’t get our work done. Don’t forget though, that if your class wins the attendance certificate, you get an extra playtime!*  More talk time/wellbeing check-ins and more mindfulness.  *Adding more time for check-ins and mindfulness is something we’ll keep working on, you should already have minfulness every day with a mental health check-in in your classroom. Remember, there are adults in school you can speak to if you need to chat.*  Add more equipment to the playground and to the Peaceful Place.  We’ll definitely look into this. We’re glad you’re enjoying the Peaceful Place and we are always looking for ways to improve the playground equipment so everyone can enjoy their time outside. | | | | | | | | | |
| **These are some of the lovely comments you made about our school:**   * School is wonderful already! * School is fun! * I already love school! * This school is great! * No improvement needed – school is good as it is. * Verythin | | | | | | | |  |  | |
| Thank you to every one of you who took part in our survey!  Remember we will always listen to what you think, and your ideas about how we can be even better at what we do! | | | | | | | | | |
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