



WELLBEING AMBASSADORS



PRESENTATION BY YEAR 5



WHAT IS WELLBEING?

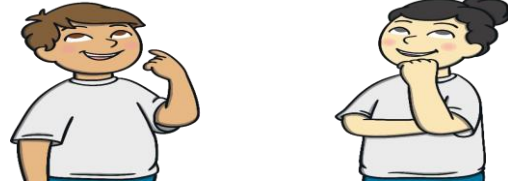


WELLBEING IS HAVING A HAPPY AND
HEALTHY MIND AND BODY

WELLBEING INCLUDES PHYSICAL, MENTAL
AND EMOTIONAL HEALTH. IT IS
IMPORTANT FOR OUR OVERALL WELLBEING
THAT WE LOOK AFTER ALL ASPECTS OF OUR
HEALTH.



BEING HEALTHY MEANS OUR MINDS
AND BODIES ARE WELL AND CAN
SUPPORT US TO DO WHAT WE WANT TO
DO.



WHY IS WELLBEING IMPORTANT?

IT IS IMPORTANT THAT WE SUPPORT OUR WELLBEING IN ORDER TO MAINTAIN A
HAPPY AND HEALTHY MIND AND BODY

WHEN WE ARE AWARE OF WHAT
WELLBEING MEANS AND HOW TO
LOOK AFTER OUR WELLBEING, WE
CAN DO THINGS THAT HELP US TO
FEEL GOOD, THAT KEEP US
HEALTHY AND WELL AND WE CAN
WORK TOWARDS OUR AIMS AND
GOALS.



WHEN WE LOOK AFTER OUR WELLBEING
AND FEEL POSITIVE, WE CAN HELP
OTHERS TO FEEL GOOD AND WORK
TOWARDS THEIR AIMS
AND GOALS.



WHAT IS A WELLBEING AMBASSADOR?

1. SOMEONE WHO PROMOTES AND ENCOURAGES POSITIVE WELLBEING IN THE CLASSROOM AND ACROSS THE SCHOOL
2. WELLBEING CHAMPIONS ARE KIND, SUPPORTIVE, RESILIENT AND WILLING TO HELP OTHERS
3. THEY ACTIVELY PROMOTE POSITIVE WELLBEING AND HELP OTHERS TO FEEL GOOD.



QUALITIES OF A WELLBEING AMBASSADOR?

AS WELLBEING AMBASSADORS WE WILL BE:

KIND

FRIENDLY

APPROACHABLE

CARING

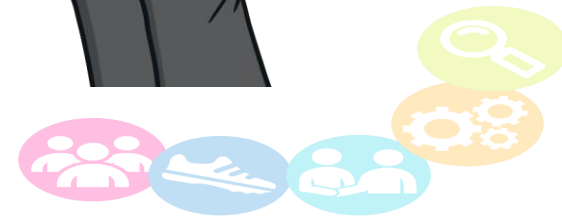
HELPFUL

RESPONSIBLE

A GOOD LISTENER

RESILIENT

A ROLE MODEL



WHAT MIGHT WE DO?

CELEBRATE, ORGANISE AND PROMOTE
AWARENESS DAYS
OR WEEKS

SUPPORT PEERS DURING BREAK
TIMES.

ATTEND WELLBEING AMBASSADORS MEETINGS



CONTRIBUTE TO THE WELLBEING
NEWSLETTERS



THE 5 WAYS TO WELLBEING

1. CONNECT

2. KEEP LEARNING

3. BE ACTIVE

4. TAKE NOTICE

5. GIVE

WE WILL PROMOTE *CLANG*



Connect



Keep Learning



Be Active



Take Notice



Give



HOW CAN YOU FIND US WHEN YOU NEED HELP?

LOOK OUT FOR THE CHILDREN WEARING THE GREEN HIS VIS JACKETS IN THE
PLAYGROUND

WE WILL BE APPROACHABLE
AND WOULD LOVE TO HELP
YOU IF YOU NEED SOME
SUPPORT

WE WILL TRY TO PUT A SMILE
BACK ON YOUR FACE!



WE CAN HELP WITH FINDING
YOU FRIENDS TO PLAY WITH

WE CAN GIVE YOU COMFORT
IF YOU FEEL SAD

WE CAN HELP YOU CALM
DOWN

WELLBEING AT NUTFIELD CHURCH

LET'S BE A SCHOOL THAT CELEBRATES AND
PROMOTES WELLBEING FOR OURSELVES
AND OTHERS.



YOUR WELLBEING AMBASSADORS AT NUTFIELD CHURCH

