

Wellbeing Offer



Lunchtime wellbeing support

Monday

Read, relax and reflect.

The Harbour
Playground Buddies



Tuesday

The Harbour
Playground Buddies



Wednesday

Read, relax and reflect.

The Harbour
Playground Buddies



Thursday

The Harbour
Playground Buddies



Friday

Read, relax and reflect.

The Harbour
Playground Buddies



Wellbeing Provision at Bishop Martin

Mindfulness spaces in each classroom

Sensory Circuits

Brain Breaks

PSHE Curriculum

Learning Mentor

Planned pastoral support

Lunchtime wellbeing support

Partnerships with wider agencies:

Trauma informed Practice

Relationships Policy

Wellbeing and our curriculum

Our curriculum promotes wellbeing by encouraging pupils to be active, make healthy choices and develop a positive image of themselves. Through learning experiences that build confidence, resilience and self-awareness, pupils are supported to understand their strengths, manage emotions and develop positive attitudes towards their physical and mental health, enabling them to flourish in school and beyond.

Wellbeing in the environment

Bishop Martin is committed to creating a safe, calm and inclusive environment where every child feels valued, supported and able to thrive. We promote positive wellbeing by fostering respectful relationships, clear routines and a strong sense of belonging for all pupils. Staff model positive behaviours and provide consistent support, helping pupils to recognise and express their emotions appropriately and to develop healthy coping strategies.