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**Information to include within the Health & Wellbeing or Healthy Schools Section of the School website**

**Health & Well-being Promoting Schools Programme**

Dafen school implements the National Health & Well-being Promoting Schools Programme and

is dedicated to fostering an environment that supports the physical, emotional and social well-being of all learners, staff, and families. Our approach prioritises healthy habits, emotional resilience, and positive relationships as essential parts of education.

**Our Commitment**

* **Healthy Eating & Drinking**: We educate our learners about balanced food choices and promote healthy eating and drinking habits.
* **Physical Activity**: Through engaging PE lessons, active breaks, and extracurricular sports clubs, we encourage regular physical activity to support overall well-being.
* **Emotional Support**: We offer access to counselling, intervention programmes, and resources to help learners understand and manage their emotions.
* **Inclusive Community**: Our school fosters a culture of respect, inclusivity, and kindness, creating a safe and welcoming environment for everyone.
* **Health Education**: Learners receive education & guidance on essential topics such as personal hygiene, safety, healthy relationships, substances and making informed life choices.

**Our Journey**

Dafen School has proudly participated in the Health & Well-being Promoting Schools Programme for over 15 years. We are delighted to have achieved **Phase 4** of the programme, demonstrating our deep commitment to its values and beliefs, including:

* **Collaboration**
* **Inclusivity**
* **Individuality**
* **Belonging**
* **Continuous Improvement**

**The 7 Health Topics**

The Health & Well-being Promoting Schools Programme focuses on seven key areas:

1. **Food & Fitness**
2. **Safety**
3. **Substance Use & Misuse**
4. **Personal Development & Relationships**
5. **Hygiene**
6. **Environment**
7. **Mental & Emotional Health & Well-being**

With the support of both staff and parents, we aim to instil positive attitudes in learners towards adopting healthy lifestyles across all these areas. Together, we can nurture children to grow into healthy, fit, and happy adults.

**Parental Involvement and Resources**

To help families support this journey, we share useful information and resources on each of the seven health topics on our school website (insert link to website here) These are available for you to access as needed.

If you have expertise or a specialisation in any of the seven areas and would like to contribute to enhancing our curriculum, extracurricular activities, or school environment, we would love to hear from you. Please contact [Insert relevant staff member’s name and contact details].

**Our Current Focus**

As a school, we are currently evaluating how well we are embedding a whole-school approach to **Emotional and Mental Health**. Your feedback and involvement are vital in helping us make meaningful improvements in this area.

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Information to include within the Mental & Emotional Health strand within the Health & WB Promoting Schools Section of the school’s website:

**Mental & Emotional Health support lines**:

[Childline | Childline](https://www.childline.org.uk/)

[YoungMinds | Mental Health Charity For Children And Young People | YoungMinds](https://www.youngminds.org.uk/)

[Home - Home - Meic](https://www.meiccymru.org/)

[Young people | Emotional health resources | Mental health | Samaritans](https://www.samaritans.org/wales/how-we-can-help/schools/young-people/)

[Bereavement support for children and families | Winston's Wish](https://www.winstonswish.org/supporting-you/)

[Home SUPPORTING BEREAVED CHILDREN & YOUNG PEOPLE - Grief Encounter](https://www.griefencounter.org.uk/)

**Useful Animation videos in relation to Mental & Emotional Health**:

Talking Mental Health: [Talking Mental Health](https://www.youtube.com/watch?v=nCrjevx3-Js)

We all have Mental Health: [We All Have Mental Health](https://www.youtube.com/watch?v=DxIDKZHW3-E)

Five Ways to Well-being:

[Five ways to well-being - Hywel Dda University Health Board](https://hduhb.nhs.wales/healthcare/services-and-teams/five-ways-to-well-being/)

[The Five Ways to Wellbeing - boosting mental wellbeing](https://www.youtube.com/watch?v=_gJ5V525SCk)

**Anti-Bullying Websites**:

[Anti-Bullying Alliance](https://anti-bullyingalliance.org.uk/)

[StopBullying.gov](https://www.stopbullying.gov/)

[Help With Bullying | Bullying Advice | Kidscape](https://www.kidscape.org.uk/)

[Act Against Bullying. Leading UK Anti-Bullying Charity](https://actagainstbullying.org/)

**Online Safety**:

[CEOP Safety Centre](https://www.ceop.police.uk/safety-centre/)

[4-7s | CEOP Education](https://www.ceopeducation.co.uk/4_7/)

[8-10s | CEOP Education](https://www.ceopeducation.co.uk/8_10/)

**Useful websites and resources for Parents / Carers and Families**:

[Free practical mental health resources | Charlie Waller Trust](https://www.charliewaller.org/resources)

[Mental Health And Wellbeing | Anna Freud](https://www.annafreud.org/)

[Parents and carers | CEOP Education](https://www.ceopeducation.co.uk/parents/) (How to protect your child online)

[Supporting a child or young person with mental health needs - NHS](https://www.nhs.uk/mental-health/children-and-young-adults/mental-health-support/supporting-a-child-or-young-person/)

[Action For Children | Children's charity | For safe and happy childhoods](https://www.actionforchildren.org.uk/)

**Self-care apps for children**:

[Home - Clear Fear App](https://clearfear.stem4.org.uk/)

[Chill Panda – Reducing anxiety and improving well being in Children through a fun gaming app](http://chillpanda.co.uk/)

[Meditation For Kids - Headspace](https://www.headspace.com/meditation/kids)

**Directory of Support Lines & Self-Care apps for Primary Aged Children**

**Include the Directory of Books here – have sent via e-mail**

**Useful books**

**Include the Directory of Books here – have sent via e-mail**

***Here are a list of some books:***

[**ISHI: Simple Tips from a Solid Friend - Animated Read Aloud Book for Kids**](https://www.youtube.com/watch?v=UhM1HTgIjMs)

[**Ishi: Simple Tips from a Solid Friend: Amazon.co.uk: Akiko Yabuki: 9781576878163: Books**](https://www.amazon.co.uk/Ishi-Akiko-Yabuki/dp/1576878163/ref=asc_df_1576878163?mcid=83d1d09889033235bcc6d0730fd36640&th=1&psc=1&tag=googshopuk-21&linkCode=df0&hvadid=697189939869&hvpos=&hvnetw=g&hvrand=13367122750823797920&hvpone=&hvptwo=&hvqmt=&hvdev=c&hvdvcmdl=&hvlocint=&hvlocphy=1007418&hvtargid=pla-489326289527&psc=1&gad_source=1)

[**The Huge Bag of Worries: Amazon.co.uk: Ironside, Virginia, Rodgers, Frank: 9780340903179: Books**](https://www.amazon.co.uk/Huge-Bag-Worries-Virginia-Ironside/dp/0340903171/ref=asc_df_0340903171?mcid=7b820731d26a39fea2813dee254cbb41&th=1&psc=1&tag=googshopuk-21&linkCode=df0&hvadid=697314918377&hvpos=&hvnetw=g&hvrand=7072554085966568439&hvpone=&hvptwo=&hvqmt=&hvdev=c&hvdvcmdl=&hvlocint=&hvlocphy=1007418&hvtargid=pla-435497153968&psc=1&gad_source=1)

[**Ruby’s Worry: A Big Bright Feelings Book : Percival, Tom, Percival, Tom: Amazon.co.uk: Books**](https://www.amazon.co.uk/Rubys-Worry-Tom-Percival/dp/1408892154/ref=pd_sbs_strm_eu_t1_strm_cts_d_sccl_2_2/257-7534244-8879466?pd_rd_r=f4a25d1e-401b-4483-b5c2-e2131705c0c1&pd_rd_wg=bYSIP&pd_rd_w=HoQq6&pd_rd_i=1408892154&psc=1)

[**Ravi's Roar: A Big Bright Feelings Book : Percival, Tom, Percival, Tom: Amazon.co.uk: Books**](https://www.amazon.co.uk/Ravis-Roar-Tom-Percival/dp/1408892189/ref=pd_bxgy_thbs_d_sccl_1/257-7534244-8879466?pd_rd_w=9QtTr&content-id=amzn1.sym.02820c73-8608-4218-9735-1554b4beb596&pf_rd_p=02820c73-8608-4218-9735-1554b4beb596&pf_rd_r=EFB7BWNS2N1JYD5W2X53&pd_rd_wg=JjI6H&pd_rd_r=079e40db-9114-46ed-b987-05319b5d923f&pd_rd_i=1408892189&psc=1)

[**The Tale of The Little Black Cloud: A Heartfelt Children's Sadness Book on Friendship, Healing, and Emotional Resilience: Amazon.co.uk: Brough, Karen, Boag, Lori: 9780645151565: Books**](https://www.amazon.co.uk/dp/0645151564/ref=sspa_dk_detail_0?psc=1&pd_rd_i=0645151564&pd_rd_w=iYtC3&content-id=amzn1.sym.46187d6a-4306-4bc6-830c-7b2085e0e39f&pf_rd_p=46187d6a-4306-4bc6-830c-7b2085e0e39f&pf_rd_r=EFB7BWNS2N1JYD5W2X53&pd_rd_wg=JjI6H&pd_rd_r=079e40db-9114-46ed-b987-05319b5d923f&s=books&sp_csd=d2lkZ2V0TmFtZT1zcF9kZXRhaWw)

[**The Invisible String: 1 : Karst, Patrice, Lew-Vriethoff, Joanne: Amazon.co.uk: Books**](https://www.amazon.co.uk/Invisible-String-Patrice-Karst/dp/031648623X/ref=asc_df_031648623X?mcid=7bd319cc410b3045a5e3a30103ef1869&th=1&psc=1&tag=googshopuk-21&linkCode=df0&hvadid=697324738289&hvpos=&hvnetw=g&hvrand=7072554085966568439&hvpone=&hvptwo=&hvqmt=&hvdev=c&hvdvcmdl=&hvlocint=&hvlocphy=1007418&hvtargid=pla-555204052067&psc=1&gad_source=1)

[**Gratitude is My Superpower: A children’s book about Giving Thanks and Practicing Positivity (My Superpower Books): Amazon.co.uk: Ortego, Alicia: 9798533341301: Books**](https://www.amazon.co.uk/Gratitude-Superpower-childrens-Practicing-Positivity/dp/B098WHNV3Z/ref=sr_1_2_sspa?crid=1WAV30QDTG6OZ&dib=eyJ2IjoiMSJ9._L34vSMfm8u5BQt5z0FUqGyAVnFDSMNXdbvYWZ3In6EpmHpRIe_WEiOzfKHlOkre1_gQ63PfJ7xDnGOUxERu5VW0p-gGappQPUjwDp8dXNVN5klUNNbU3A5JFIiAV8l0K6zr-l_faq70FtC2qWCBYZuZ2z1fcs9YcXwPSbHDmuPXQsA6oRb7BZ4HEPB1xctcpdfBedQ0OOjn18WQKtm00Na03G1TklOKktCDgF_RH9U.KXTiYDgjcEqSoHuq5sy3yqmDpEUkWvsJ7CiQK8hrsQg&dib_tag=se&keywords=gratitude+journal+for+kids&qid=1732024138&s=books&sprefix=gratitude+jur%2Cstripbooks%2C104&sr=1-2-spons&sp_csd=d2lkZ2V0TmFtZT1zcF9hdGY&psc=1)

[**HAPPY CONFIDENT ME Daily Journal - Gratitude and growth mindset journal to boost children's happiness, self-esteem, positive thinking, mindfulness and resilience : The Happy Confident Company, Annabel Rosenhead, Nadim Saad, Jo Chadwick, Daniel Bobroff, Daniel Bobroff: Amazon.co.uk: Books**](https://www.amazon.co.uk/HAPPY-CONFIDENT-JOURNAL-self-esteem-mindfulness/dp/0993174396/ref=sr_1_5?crid=1WAV30QDTG6OZ&dib=eyJ2IjoiMSJ9._L34vSMfm8u5BQt5z0FUqGyAVnFDSMNXdbvYWZ3In6EpmHpRIe_WEiOzfKHlOkre1_gQ63PfJ7xDnGOUxERu5VW0p-gGappQPUjwDp8dXNVN5klUNNbU3A5JFIiAV8l0K6zr-l_faq70FtC2qWCBYZuZ2z1fcs9YcXwPSbHDmuPXQsA6oRb7BZ4HEPB1xctcpdfBedQ0OOjn18WQKtm00Na03G1TklOKktCDgF_RH9U.KXTiYDgjcEqSoHuq5sy3yqmDpEUkWvsJ7CiQK8hrsQg&dib_tag=se&keywords=gratitude+journal+for+kids&qid=1732024138&s=books&sprefix=gratitude+jur%2Cstripbooks%2C104&sr=1-5)