



# Wellbeing Council Meeting Minutes

Next Meeting:  
Monday 9th February  
2026 2.45pm Year 1  
Classroom (to distribute final details of Wellbeing Day on Thursday).

**Time and Date of Meeting:** Mon  
02.02.26 2.45pm

**Wellbeing Council Members Present:**  
Yr 6- Henry and Mateusz  
Yr 5- Jack and Jack  
Year 3- Yuri and Joshua  
Year 2- Arthur and George  
Reception- Martha and Austin  
Mrs Cowley

**Wellbeing Council Member Not Present:**  
Cressview- Layla

## Summary of Discussion:

**Date of Welford Wellbeing Day Agreed: Thursday 12th February- as part of Children's Mental Health Week (9th-15th February).**

Children shared feedback from class meetings about Wellbeing Day:

-Yr3- lunch ideas- different year groups eating together, packed lunch in class/ on field; group up with another class- like reading buddies- different activities, learn a new sport, Now Press Play, art and craft activities. Bringing favourite item in- to draw, comic competition, treasure hunt, team building games.

Yr 4- yoga, wellbeing councillors organise a game for their class at break time, parachute game (mushroom- story time), small groups to library, singing, colouring and calm music, revisit a topic your class has really enjoyed (could be from a previous year).

Yr 6- time difference for eating with yr 1 could be an issue, certain classes on the field- a lot more room, extra playtime, reading corner/ library, Invite Frank to KS 2 for Wellbeing day, good farm, choose who you sit next to- board games, free time on Purple Mash, non-uniform,

Discussions between councillors about lovely ideas- extra playtime, purple mash time, daily mile, wellbeing- values on a pebble, free time TTRS, peer mediators on duty (locate high vis vests). Parachute game.

## Actions:

- Mrs Cowley to write a newsletter update- explain comfortable/ calm clothing to wear on that day.
- Mrs Cowley to share ideas and thoughts with the staff, confirm arrangements and timetable for the day.
- Class teachers to decide which Kapow Wellbeing Lesson they would like to trial with their class on the Wellbeing day.

