



Wellbeing Council Meeting Minutes

Next Meeting:
Monday 2nd February
2.45pm Year 1 Classroom.

Time and Date of Meeting: Mon
19.01.26 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:

-Apologies for no minutes the last 2 meetings- we have worked practically on Identifying positioning for new playground signs.

-Celebrated 2025- researching, ordering and organising playground signs, writing and administering Wellbeing Survey.

-Fed back from children's further research with their classes into areas to Improve during the school day.

Observations: Dining hall- too noisy, people talk over tables- lean over food, people getting up and down, food dropped, throwing lunch boxes, loud voices.

Ideas to improve: clapping (or another appropriate signal) to get attention, children not to shout, house points for quietest table. Once the majority of the children are finished- play quiet and calm game, Trophy for quietest table.

Observations: Influencing calmness at school- don't have a lot of space at playtimes, people shout at playtimes, big groups running, lacking awareness of others around them, stressed about getting work done and not doing enough. Noise volume in classroom.

Ideas to improve: doing calm reading, areas in the playground just for skipping, only 2 classes in each lunch play- year 3 are finding it busy, mindfulness story after playtime, quiet games area of the playground- snakes and ladders.

Observations: About Year 5 and 6 feeling good about their work- they worry when they miss a page, think writing is untidy, the thought that somebody might laugh at mistakes, worrying we have a lot to do, some people try and it is tricky, then worry that they haven't done enough. TTR

Ideas to improve: responsibility of all within the classroom to support one another, voluntary handwriting lunch time club (like we do for Times Tables Rock Stars).

Date of Welford Wellbeing Day Agreed: Thursday 12th February- as part of Children's Mental Health Week (9th-15th February). Shared Initial Ideas and thoughts for this day, children given Kapow wellbeing plan/ activity to take back and share with their class/ teacher- could this make up part of the Wellbeing Day?

Actions:

- Mrs Cowley to write a newsletter update.
- Class council meetings- what would you like to see as part of the Wellbeing Day? How would they feel about trialling different lunch arrangements on that day- e.g, different classes eating together- yr 6/1, yr 5/ 3, yr 4/2? If we set up whole playground so classes weren't segregated, what areas would they want to see? Eg skipping, reading, ball games etc.