

# Well-Being Champions Meeting Minutes

**WE ARE A UNICEF GOLD RIGHTS RESPECTING SCHOOL**

Children's rights are learned, understood and lived in this school.



WellBeing Wheel	Focus	
<b>Autumn 1</b>		
	<p>Are our playtime snacks healthy?</p>	<ul style="list-style-type: none"> <li>• Discuss what are healthy snacks and snacks that will keep them full till lunch time.</li> <li>• Find out about suggested snacks for breaktimes on line</li> <li>• Children complete a survey at break time to find out what snacks children are eating (go to KSI breaktimes too)</li> <li>• Review results and create a suggested healthy snack poster for schools newsletter.</li> </ul>
<b>Autumn 2</b>		
	<p>How can we be promote kindness around our school?</p>	<ul style="list-style-type: none"> <li>• <a href="https://www.nspcc.org.uk/support-us/charity-fundraising/schools-fundraising-ideas/kindness-challenge/">https://www.nspcc.org.uk/support-us/charity-fundraising/schools-fundraising-ideas/kindness-challenge/</a></li> <li>• Decide a date for the kindness challenge and what we are going to do.</li> <li>• <a href="https://www.nspcc.org.uk/support-us/charity-fundraising/schools-fundraising-ideas/kindness-challenge/resources/">https://www.nspcc.org.uk/support-us/charity-fundraising/schools-fundraising-ideas/kindness-challenge/resources/</a></li> </ul>


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## Spring 1

	How can we make sure we stay safe online?	Discuss online safety and in preparation for internet safety day (Tue, 11 Feb 2025) prepare a short assembly for children to deliver.
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## Spring 2



	How can we celebrate our work?	<ul style="list-style-type: none"><li>• Discuss with children how we could celebrate our work across the school (e.g. whole school display / work put on newsletter)</li><li>• At breaktimes/lunchtimes children go out and survey ideas and bring back to next meeting.</li></ul>
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Summer 1		
	<p>How can we make sure there are calm areas at breaktimes and lunchtimes?</p>	<p>Discuss with children what they like to do to stay clam and peaceful and think of ideas for breaktimes and lunchtimes. Children go out and survey at breaktimes and lunchtimes and bring back results to next meeting.. e.g quiet zones/games that are calm</p>
Summer 2		
	<p>How can we help the elderly in our community?</p>	<p>Talk about loneliness - and what it's like to be lonely. Look at care homes - and discuss how we could brighten up their day. Come up with ideas and action. Visit care home.</p>