

# What Wellbeing Looks Like at Aston Rowant

## What Wellbeing Means

Wellbeing at Aston Rowant CofE Primary School is our commitment to supporting every child's emotional, social and mental health, ensuring they feel safe, valued and ready to learn. It encompasses the ways we nurture children's emotions, their relationships, their sense of belonging, and their ability to understand, express and manage their feelings.

Wellbeing is seen in how children:

- feel about themselves
- relate to others
- recover from setbacks
- regulate their emotions
- feel safe and included
- approach learning with confidence

It is not a single lesson or intervention — it is an **embedded, whole-school culture** that shapes daily routines, relationships, expectations and environments.

## Why Wellbeing Matters

We believe children thrive when they are emotionally grounded and supported. Strong wellbeing:

- enables children to learn effectively
- improves behaviour, resilience and confidence
- supports healthy friendships and social understanding
- strengthens emotional regulation
- builds a sense of identity and self-worth
- reduces anxiety and barriers to learning
- ensures children feel safe, secure and able to take risks in their learning

When children feel emotionally safe and connected, they flourish academically, socially and spiritually. Wellbeing is therefore a fundamental part of our Christian vision of helping every child to live life **“in all its fullness.”**

## What Wellbeing Looks Like at Aston Rowant

Wellbeing at Aston Rowant can be seen through:

- Strong, trusting relationships with adults
- Daily check-ins and pastoral support
- Calm, consistent routines that help children feel secure
- Mindfulness, reflection and emotional regulation strategies
- Classroom wellbeing spaces and calm corners
- A nurturing, values-led approach to behaviour
- Restorative conversations
- Creative, expressive opportunities through art, play and outdoor learning
- Assemblies that explore emotions, values and kindness
- Partnership with families and Early Help
- Timely support for pupils experiencing difficulty
- Inclusive practice that values every child

Our wellbeing curriculum is structured around our core school values:

**Gratitude • Resilience • Harmony • Trust • Outreach • Wonder**

Each value supports children's emotional, social and mental health through a clear Intent–Implementation–Impact model.

## **GRATITUDE**

### **Intent**

At Aston Rowant, we aim to cultivate gratitude as a key aspect of emotional maturity and spiritual growth. We want children to recognise and appreciate the people, experiences and opportunities that shape their lives.

### **Implementation**

Daily reflection, thankfulness circles, peer celebration, journaling and appreciation activities.

### **Impact**

Children articulate what they value, show increased kindness and contribute positively to school culture.

## **RESILIENCE**

### **Intent**

We help pupils develop confidence and resilience so they can face challenges with perseverance and self-belief.

### **Implementation**

Growth mindset teaching, problem-solving tasks, emotional regulation support and personalised transitions.

### **Impact**

Pupils show increased independence, persistence and emotional regulation.

## **HARMONY**

### **Intent**

We support emotional balance, self-expression and positive relationships to help children feel calm and ready to learn.

### **Implementation**

Mindful moments, wellbeing spaces, restorative conversations, expressive arts and cooperative play.

### **Impact**

Calmer behaviour, improved self-regulation and positive interactions across school.

## **TRUST**

### **Intent**

We build strong, supportive relationships so children feel safe, listened to and confident.

### **Implementation**

Regular check-ins, consistent routines, teamwork, leadership opportunities and a clear safeguarding culture.

### **Impact**

Pupils develop confidence, responsibility and trusting relationships with adults.

## **OUTREACH**

### **Intent**

Wellbeing extends to families and the community, promoting inclusion and shared responsibility.

### **Implementation**

Family partnerships, external agency collaboration, community events and wellbeing workshops.

### **Impact**

Improved family engagement and a unified, caring school culture.

## **WONDER**

### **Intent**

We nurture curiosity, creativity and awe to inspire joyful learning and support mental health.

### **Implementation**

Nature exploration, creative arts, curiosity-driven learning and celebration of pupil interests.

### **Impact**

High engagement, creativity and enthusiasm for learning.

## **In summary**

At Aston Rowant CofE Primary School, wellbeing is central to personal development, behaviour and attitudes. Our approach is values-led, nurturing and inclusive. Intent–Implementation–Impact drives our wellbeing work, supporting every child to flourish academically, socially and emotionally.