



School Council Meeting Tuesday 26th March 2024

Present

Key Stage 2 School Council representatives from all classes from Years 3 -6

Mrs Hughes

Chris Liston (School Governor)

Minutes

Chris Liston (school governor) joined our School Council meeting today where we discussed children's well-being.

In preparation for the meeting, the classes had been asked to discuss well-being in their class council/reflective thinking time and to bring their minutes along with them to aid them in today's discussion and activities.

Points discussed and responses given included:

- **What is well-being and why is it important?**
Physical, emotional and social health, strongly linked to happiness, how you feel about yourself and your life
- **Why is children's well-being important?**
Have a right to well-being, current quality of life is important, need to feel valued and cared for. Supported to develop positive expectations about themselves and what they can get out of life
- **What help's children's well-being?**
Regular routines, healthy eating, exercise, a good night's sleep
- **The importance of play to a child's health and well-being**
Improves cognitive, social and emotional well-being, learn about the world and ourselves, develop skills for learning, working and relationships such as confidence
- **Most important things for well-being**
Pat attention to the present moment (mindfulness), thoughts and feelings, your body and the world around you

The school council members were then posed with the following question and responses were discussed:

What can you do today that will make you proud?

Mrs Hughes has asked the school council members to take this activity back to their classes to complete during reflective thinking time.

Finally, we discussed what kindness is and what a small act of kindness may be. The children created their own small acts of kindness cards that could then be distributed to members of their class at a time when they really might need it.