

Wellbeing Policy

At Severn Beach Preschool we believe that wellbeing is crucial to successful learning and development.

We see wellbeing as encompassing our happiness, health, safety and comfort. It encompasses both our physical and mental health. We endeavour to ensure everyone feels included, welcome, valued for who they are and safe at preschool. We hope that by supporting everyone's wellbeing then the children will have the inner resources to deal with daily challenges, to thrive, blossom and flourish and that they will have a positive sense of themselves.

We aim to achieve wellbeing in many ways. Some are intertwined with the way that we work, others can be listed such as:

Supporting resilience

Supporting independence

Providing many daily opportunities for physical activity including Beach school

Providing healthy snacks and encouraging healthy choices

Free flow from outside to inside

Listening to the child's voice

Reflecting on our practice

Having a key person system

Having consistent behaviour management

Recognising where support is needed

Offering mindfulness moments

Encouraging rest when appropriate

Providing a clean and safe environment to explore

Providing activities and resources that reflect the children's individual interests and needs

Being kind and available for cuddles.

Valuing each and every individual we care for and encouraging mutual respect between all children and families

Talking about emotions

Supporting and giving strategies for children to deal with their own emotions such as those around sharing, being upset or worried

Signposting families to appropriate support agencies in times of need

At preschool we also value the wellbeing of staff. We support their well being through helping them to achieve a good life/work balance, by having supervision meetings each termlet and regular team meetings. We are a close staff team and try to support one another with workloads and with any problems arising at home.

We firmly believe that happy staff better support happy children and as such staff happiness is important.