

At St Gerard's we are using The Five Ways to Wellbeing to promote emotional wellbeing and mental health for the whole school community. We started this by introducing the five principals during a whole school assembly. This was led by our Pupil Parliament.

From this we continued to raise awareness by every child making a bookmark that they can use to promote the importance of mental health awareness.



Learning new skills gives a sense of achievement and increases our confidence. We do this in many ways:-

Children are given the opportunity to engage in singing lessons and guitar lessons provided by specialists.

Y6 spend time reading with reception class.



We have provided hampers for children so they can bake at home and also a number of art packs.

Children have learned how to answer the register in different languages.

Years 4, 5 & 6 have been learning sign language.

We enjoy learning with our family.





As an after school club we offer the children a mindfulness art club. Children in reception have been reflecting on God's wonderful world.

Class 2 have walked around outside looking for living things.



ELSA is used across school to support children's emotional needs.

Years 1 and 2 have been out litter picking and finished off with an ice cream.



Even the smallest act can count, whether it's a smile, a thank you or a kind word

As a school we continue to support CAFOD and the foodbank.

Reception class wanted to thank all the staff around school who help them and made cards.





We offer many sports clubs after school.

The daily mile happens regularly.

We took part in National School Sports Week



In order to connect we have invited a loved one to lunch.

We have had stay and play in nursery

We have had a number of coffee mornings for our community and offered family mental health activities.

Parents have been in each class, to stay and pray.

