

2. Profile of PE and sport is raised across the school as a tool for whole-school improvement

Wellbeing

Every Wednesday we hold class assemblies and dedicate this time to the well-being of our children. It is vital that we not only exercise our bodies but our minds! Children's well-being is paramount at Valley Invicta Primary School at Holborough Lakes and is a priority to our curriculum.

Over the course of their education, children spend over 7,800 hours at school. With such a huge amount of time spent in the classroom, we provide an ideal environment for promoting good emotional wellbeing and identifying early behaviour changes and signs of mental distress. The social and emotional skills, knowledge and behaviours that young people learn in the classroom can help them to build resilience and set the pattern for how they will manage their mental health throughout their lives.



Emotional wellbeing is a clear indicator of academic achievement, success and satisfaction in later life. Evidence shows that mental health and wellbeing programmes in schools, can lead to significant improvements in children's mental health, and social and emotional skills. Wellbeing provision in schools can also lead to reductions in classroom misbehaviour and bullying.