

# Spotlight on ...

## Wellbeing



## Ranelagh Primary School

Actively thinking about children and adults' wellbeing is a fundamental criteria in most decisions. Everyone deserves a physical, an emotional and a mental healthy state of being. Wellbeing is about creating an atmosphere of positivity and ensuring that children are at the heart of all that we do but allowing all stakeholders to thrive.

At Ranelagh, there are many key factors that contribute to this:

The physical environment - Over the years the school has transformed from a damp, leaking school to a vibrant and watertight building. We have designed a top-end sensory room - a place where all children are able to regulate themselves, meet their sensory processing needs, a quiet calming space and an area in which the children can develop their understanding of cause and effect. Ranelagh also has an amazing, large soft play room in which the children are able to build friendships and work collaboratively, it ensures that the children are alert, ready for learning and helps them to meet their vestibular needs. Displays are big and bold and represent the make-up of the school. All children have their work published on the display boards - not only showing the amazing learning and progress that they have made - but also helps all children to feel valued and praised.



Emotional support – The roots of Ranelagh which run through the curriculum are – Academia (English, Maths and Science), Creativity, Computing and Mental and Physical healthiness. These roots will anchor children to flourish and be resilient for the next stage of their educational career. The children are taught about ways that they can keep themselves both physically and mentally healthy so that they can make good decisions now and into their adult lives. We provide children with additional opportunities to excite, engage and explore, such as cycling, gardening, drama, visiting different places of worship and visits to the theatre, seaside and museums – to name but a few of many!

Social Inclusion – A unique aspect of wellbeing for Ranelagh is our approach to Social Inclusion. We provide an environment where all children, no matter their need, learn with each other and from each other. Our model of inclusion, relies on a bespoke and tailored approach, where learning can take place by looking for the things that children have a special interest in. We tailor the curriculum to meet specific needs, ensuring that all children thrive! And, this is not just led by the teachers we also we have some amazing children that are our Inclusion Ambassadors, a quote from one of being:

“In my school, we include all children in the lesson. This means my Teachers have to think of ways we can learn collaboratively. Using the arts is an excellent way we can all learn together.”

Forest School – Being a Forest School which only adds to the list of approaches to wellbeing at Ranelagh. The children learn about taking risks as well as how taking time out in the outdoors helps them to connect with nature and take time out of their day to reflect and be at one. Ranelagh’s forest school inspires a deep and meaningful connection to the world and an understanding of how a learner fits into this. This is also brilliant for the staff who love all the training amongst the forest school.

Tying this together is the understanding that each and everyone of us working for the children is valued. It is important to thank people regularly for all the great work they do (and if that can be combined with chocolate – even better)

