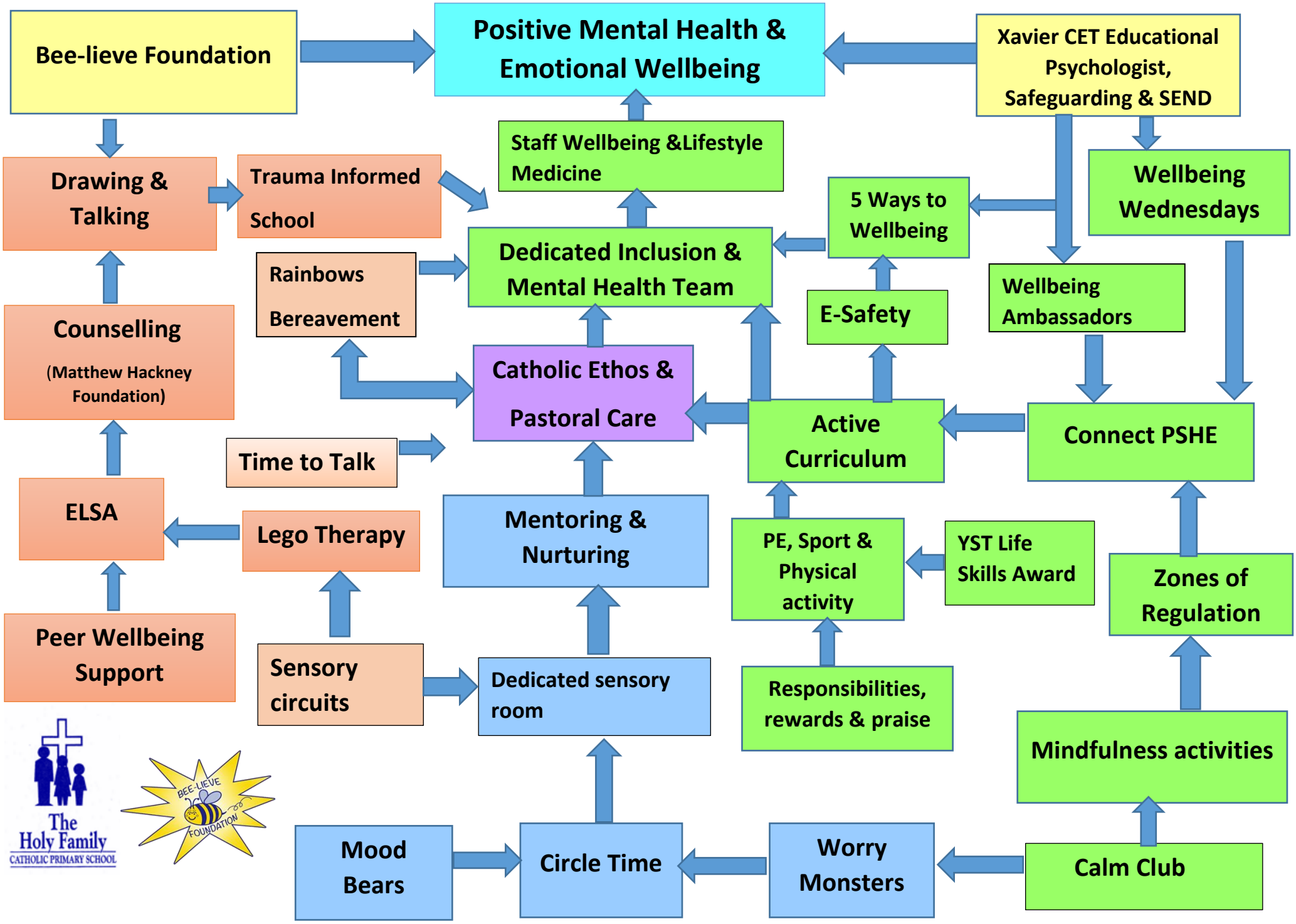
Bee-lieve Foundation
Positive Mental Health & Emotional Wellbeing
Xavier CET Educational Psychologist, Safeguarding & SEND
Staff Wellbeing &Lifestyle Medicine
Drawing & Talking
Trauma Informed School
5 Ways to Wellbeing
Wellbeing Wednesdays
Rainbows Bereavement
Dedicated Inclusion & Mental Health Team
Wellbeing Ambassadors
E-Safety
Counselling (Matthew Hackney Foundation)
Catholic Ethos & Pastoral Care
Active Curriculum
Connect PSHE
Time to Talk
ELSA
Lego Therapy
Mentoring & Nurturing
PE, Sport & Physical activity
YST Life Skills Award
Zones of Regulation
Peer Wellbeing Support
Sensory circuits
Dedicated sensory room
Responsibilities, rewards & praise
Mindfulness activities
The Holy Family CATHOLIC PRIMARY SCHOOL
Mood Bears
Circle Time
Worry Monsters
Calm Club