

Self Care Awards

Case Study: Audlem St James Primary School



Our first Gold Self Care Award has been achieved by Audlem St James Primary School.

To achieve the criteria for the Gold Award, the school have ensured there is an emotional wellbeing box in each class room which can be used in the 'safe space'.

The school used the governments' resilience passport where Primary school children are challenged to go on a nature trail, visit a local landmark or make a treasure map through a new 'passport' of activities. The passport encourages family time and helps build children's character and resilience. At least 90% of the children had completed 6 activities on their passports which included visiting a castle, moonwalking and performing a dance.

The school have established a parents network which supports an interactive group and links with emotional healthy schools. The group gives parents the opportunity to have peer to peer conversations with other parents with the school facilitating presentations and information from other helpful agencies.

Feedback from the parents showed that all those attending the group thought they were the only ones who felt the way they did but having attended the group, could see that there was support available through each other.

The school have successfully achieved they Gold Self Care Award.