

Play, Learn & Grow Together



Llangyfelach Primary School
Pengors Road, Llangyfelach, Swansea SA5 7JE

Headteacher: Mr Lee Burnell
Deputy Headteacher: Mrs C J Bate

☎: 01792 771497

✉ llangyfelachprimary@llangyfelach.swansea.sch.uk
www.llangyfelachprimaryschool.co.uk/

Happy Healthy Helpers meeting: 14.09.2023

Agenda:

- Action plan for this year
- Rights respecting action plan

Minutes:

- Shared action plan for silver award- we went through each point to discuss how we would rate ourselves. To continue to RAG rate in next meeting and gather evidence.
- Action plan for Year, how it feeds in to SUP targets

Attended: Mrs Gaffney-Jones and Happy Healthy Helpers

Action Plan for future meetings:

- Look at materials/ resources to use for Turn Your Frown Upside Down- using the fitness cards, mindfulness painting, mindfulness exercises, write a thank you card, sand tray, cosmic yoga, write down our worries and feed to monster, what makes you happy, what makes you sad.

