



LLANGYFELACH PRIMARY SCHOOL

Pengors Road, Llangyfelach, Swansea, SA5 7JE

Headteacher: Mr Lee Burnell

Deputy Headteacher: Mrs C Bate

Chair of Governors: Michelle Kidwell



Play, Learn & Grow Together

LLANGYFELACH PRIMARY SCHOOL

**Health & Wellbeing
Area of Learning Leader Action Plan
2025-26**

www.llangyfelachprimaryschool.co.uk

Main Objective: To implement whole-school provisions to enhance emotional wellbeing and physical activity in both indoor and outdoor settings.

| Actions & Success Criteria | Resources | Timescale | Sources of Evidence |
|--|---|--|---|
| <ol style="list-style-type: none"> 1. The Triple H, AoLE leader and class teachers will enhance pupil understanding of emotional and physical wellbeing. 2. Triple H to co-design with pupils 'wellbeing zones' in the playground. 3. Training on 'Pause Points' programme for all staff. 4. Triple H will monitor all classes and their engagement in 'Pause Points' within the school day through questionnaires and observations/learning walks. 5. Miss Galvin will run after-school Sports Club. 6. Miss Galvin and Mrs Bate will use recent Forest School training and different approaches to design and deliver outdoor sessions. 7. The Triple H will discuss their recent actions and progress during Friday review feedback sessions, discussions and listening to class requests. 8. Provide drop-in session for learners with the 'Turn your Frown Upside Down' organised by the Triple H. 9. Triple H will undertake a wellbeing audit of all internal and external spaces to improve environments that promote and support wellbeing. <p>As a result of the above actions:</p> <ul style="list-style-type: none"> • Children will have a clear, co-ordinated action plan with pupil voice at the centre. Also, pupils will have a sense of leadership which leads to continuous improvement and stronger ownership of wellbeing actions. • Pupils and staff will have an enhanced understanding and show increased awareness of emotional and physical wellbeing through class discussions and assemblies. • 'Wellbeing zones' will enable calmer playtimes, more inclusive spaces and improved pupil self-regulation in playground areas. • The use of 'Pause Points' will incorporate mindfulness and movement breaks that will improve focus and reduce low-level anxieties. • After-school sports club will allow greater participation in physical activity. • Forest School Sessions will develop pupil's confidence, teamwork and resilience in the outdoors, strengthening both physical and emotional health. • 'Turn Your Frown Upside Down' will give increased access to support and will allow children to feel listened to. | <ul style="list-style-type: none"> • Miss Galvin • Triple H Pupil Voice and Fitness Fanatics Group • HHH / FF Meetings • INSET, ADDs and Meeting • Pupil questionnaires • Community questionnaires • PLJ • Jigsaw Scheme • Behaviour Policy • School yard • Scout Hall | <p>Review March</p> <p>Review July</p> | <ul style="list-style-type: none"> • Listening to learners • Minutes of meetings • Questionnaires • LPS webpage • Friday review feedback sessions • Super Evaluations • Observation Write up |

Future Objectives

2025-26: To further improve pupil voice and understanding of children's rights throughout LPS.

2026-27: To further improve wellbeing provision for all learners.