

WELLNESS AND WELL-BEING AT ST NEOT SCHOOL

When we play, life gets better-Ali Oliver, CEO of the Youth Sport Trust

Children's lives are transformed by technology and at times this has contributed to a decline in their wellbeing-

Neil Davidson, Chair of the Youth Sport Trust

The physical, emotional and social well-being of our children is at the heart of everything we do at St Neot School. We want happier, healthier children who achieve their potential. We promote this through:

- Wild Tribe to inspire a love of the outdoors and empathy for our friends and for wildlife
- A wide range of PE lessons and sporting opportunities to build up confidence, communication and teamwork
- PSHE lessons to promote healthy relationships and understanding of the wider world
- Sports Crew and School Council to give children leadership opportunities and pupil voice
- Active lessons to promote 30 daily active minutes in addition to playtimes
- Healthy cookery and understanding of health and hygiene in science
- Teachers and teaching assistants attending CPD to ensure they are up-to-date with curriculum and sport delivery
- E-safety promoted during computing lessons
- Achievement assemblies to celebrate perseverance and successes
- Global Days focusing on a range of inspiring issues such as local heroes, RE, artists to promote creativity.

We have recently launched a new initiative, Walk and Talk. Every Friday after our reading assembly, the whole school will spend 5 minutes before break time walking and talking with peers from all classes. We want to provide our children with as many opportunities as possible to improve their confidence in communication and empathy.



SAFEGUARDING AND ONLINE SAFETY

The NSPCC has released data showing that 1 in every 25 primary aged children had been sent or had seen an adult semi-naked image on their phones and 1 in every 50 had sent such an image. Please be aware of parental settings for your children and don't assume it won't happen to you.

We have received guidance about an app called TikTok, a way of posting videos of people lip-syncing to songs. Things to be aware of;

- Because the app allows users to create videos using current and popular music, some of the songs contain explicit swearing, sexual content and references that may be inappropriate for younger users.
- As users create their own content some videos posted in the app can contain inappropriate clothing or gestures. According to reviews on [Common Sense Media](#) some parents have also reported seeing videos containing sexually suggestive or even explicit material.
- Users also have the ability to interact and chat to other users of the app through the comment section under videos and the private messaging function. Private messages can only be sent between users who follow each other or are 'friends' and the messaging function can also be turned off entirely.