

Wellbeing at St Martin's Catholic Primary School



The beginning of the school year can bring a lot of anxiety and uncomfortable feelings for students and parents. At the beginning of the school year, it is vital to set up **routines at school and at home**. For the first three weeks at St Martin's we work on wellbeing, teachers use this time to set the classroom expectations, agreements, develop relationships and focus on creating successful classroom environments.

How can you help at home:

- Talk to your child in a positive way about their new class.
- Do not ask too many questions but rather try to spark conversations, for example start with something funny or interesting that happened to you. Attached is a list of helpful questions to ask your child in the car ride home or over dinner.
- Set up before and after school routines at home so your child/ren know exactly what they are responsible for.



- To encourage independence and responsibility make up visual timetables to assist with the morning routines, such as, get up, get dressed, have breakfast, clean your teeth, pack your bag, etc. The internet has many examples you could use.
- After school try to spend some time chatting or reading with your child/ren.
- Set a bedtime, bearing in mind, primary school aged children need between 9 and 12 hours sleep each night. "Sleep is essential for growth, immunity and learning..." [Sleep tips for children | healthdirect](#)
- Consider limiting screen time during the week.

➤ Talk to your child/ren about being resilient. Ask them how they would solve problems and issues that arise talk to them about the hard things you do each day.

Questions to ask your child about their school day...

- Who did you play with at recess today?
- What did you play?
- Where did you play?
- What was the best part of your lunch?
- Who did you sit with at lunch? What did you talk about?
- What was your favourite activity today?
- What mistake did you make today that taught you something?
- What happened today that doesn't happen every day?
- What was the hardest rule to follow today?
- What kind thing did you do for someone today?
- What made you smile/laugh today?
- How were you brave today?
- What did you read today?
- What problem did you solve today?
- Did you see something unkind today? What did you do?
- What did you do today that made you think hard?
- What hard thing will you do tomorrow?
- What did you do today that was creative?
- What was your favourite subject today?
- How did you help someone today?
- What happened today that made you feel proud?
- What is one thing you learned today?
- What are you excited to do tomorrow?