

School Council Minutes 2025-2026

Date: Thursday 23rd April 2026

Present:

Pine	Oak	Ash	Rowan	Willow	Olive
Cedar	Walnut	Sycamore	Hawthorn	Hazel	Laurel
Holly	Poplar	Elder	Chestnut	Redwood	Maple

Year One and Two School Councillors invited to attend. **YES** / NO

Absences:

Apologies from:	Reason for Absence	Follow up needed?
Follow up from previous week absences:		
NA		

Agenda: School Council Systems and Action Plan

Item	Discussion	Action
1 Class Council Agenda WB: 20.4.26	Why do you think wellbeing is important for us in our daily lives? [Year 5] If we don't take care of our wellbeing, it can affect our mood, behaviour, and how we treat other people. [Year 6] Good wellbeing helps us concentrate better and learn more effectively. [Year 3] It keeps our bodies strong, our minds happy, and helps us feel our best. Why do we do wellbeing exercises, and how do they help us feel better? [Year 5] Wellbeing activities are important because they help us feel calm, happy, and healthy. [Year 6] They help us manage stress, improve our mood, and build resilience. [Year 3] They help us relax, focus better, and feel more positive. [Year 2] They help us feel happy, safe, and good about ourselves. Which wellbeing exercises do you enjoy the most, and why? [Year 5] We enjoy calming breathing activities because they help us relax and feel more focused. [Year 6] We like finger breathing (trace breathing), where we breathe in and out with our fingers. [Year 3] We enjoy meditation because it helps us feel peaceful and happy. [Year 2] Smelling a flower and blowing out a candle," because it helps us feel calm Can you think of any new wellbeing exercises that we could try together? [Year 3] We could try rainbow breathing, mindfulness activities like noticing things around us. [Year 6] We could try stretching exercises and gentle movement to release tension and help us relax. [Year 5] we could try positive thinking activities and short mindfulness games to help us feel calm.	Feedback to teachers.
Proposed Ideas for the Summer Term	Suggestions for the summer term: Lemonade stand to run for 3 days after school when the weather gets warmer. Movie night – TBC.	Mrs Siddique to discuss with Miss Headen
	Wellbeing exercise feedback: <u>Repeat positive affirmations together</u> "Reciting positive affirmations is a simple yet effective way of instilling confidence and self-belief from a young age". Try starting with a simple sentence like 'I am brave' or 'I am kind'. You could <u>sing each affirmation and add actions</u> to make it more fun.  [Year 6] Pupils enjoyed this exercise and it allowed them to feel confident. [Year 5] Pupils felt better about themselves.	
AOB	Continue organising fundraising and wellbeing events	