

Well-being in the Settings

Well-being is a broad sense that covers a wide range of your being. It encompasses the physical, emotional (and mental), social and spiritual areas of a person. Within the setting this is covered in the children's personal, social, emotional development and physical development.

Physical well-being covers everything physical to do with the body:	Mental and emotional well-being includes:
Growth and development Moving and keeping physically fit Caring for your health (e.g. washing, cleaning teeth, etc.) Eating a balanced and nutritious diet Rest and appropriate sleep patterns.	Acknowledging, expressing and coping with feelings and emotions Thought processes Reducing stress and anxiety.
Social well-being includes:	Spiritual well-being can cover the following:
Relationships Family (close and extended) Friends The feeling of belonging and acceptance Compassion and caring approaches.	Value and beliefs held Personal identity and self-awareness.

We ensure that all children, young people, families, staff and visitors are welcomed into our inclusive settings. We support all to embrace their spiritual wellbeing and celebrate key events with them.

Children's physical well-being is supported through our carefully planned activities programme which supports all types of open access play inside and outside. Through cookery activities we promote nutritionally balanced meals encouraging children, young people and staff to make healthy choices in regards to their physical health.

Personal hygiene is supported in all ages, explaining the reasons for hand washing and other routines.

We can offer quiet spaces if required to enable calming areas. This enables them to recharge their batteries and support both their physical and mental well-being.

We support children and young people to make positive healthy relationships with their peers and staff in order to support their social well-being. We offer opportunities and resources for children and young people to engage in activities on their own, in pairs, small groups and large groups to support this area of development.

Children's mental and emotional well-being is supported. We provide activities in which children and young people are able to recognise and express their emotions, including emotional literacy, which enables us to provide support for children and young people who may be experiencing big emotions they can't cope with just yet. Helping us to support children and young people to manage their own emotions and behaviours

using the rules and boundaries they created themselves. Staff use the promoting positive behaviour policy to ensure consistency.

Staff are able to recognise when children and young people may need support with their emotions and provide this one to one or in a small group, whichever is more appropriate in order to help them with recognising and managing their emotions.

This policy was adopted on 13.10.2025 and will be reviewed on or before 13.10.2026

Name and Position	Signed	Date
Kate O'Sullivan Community Association Manager	<i>Kate O'Sullivan</i>	13.10.2025
Olive Frances Vice Chair of Trustees	<i>Olive Frances</i>	13.10.2025