



At Archbishop Cranmer Church of England Academy, we are committed to helping every child flourish academically, socially and emotionally. As part of this commitment, all pupils complete our "Me and My Feelings" wellbeing survey throughout the year.

The survey helps us understand how children are feeling and enables us to identify any emerging concerns at an early stage. Areas explored include:

- Sleep and wellbeing
- Worries and anxiety
- Self-esteem and confidence

What did the survey tell us?

The majority of pupils reported positive levels of wellbeing across all areas. Where pupils indicated higher levels of concern, patterns were most commonly linked to sleep, confidence and emotional wellbeing. These findings were used to inform both whole-school provision and targeted support.

How did we respond?

In response to survey findings, we implemented a range of support strategies including:

- Mental Health Support Team (MHST) workshops for pupils and parents
- Sleep workshops and guidance for families
- PSHE and RHSE lessons focusing on resilience, confidence and emotional regulation
- ELSA (Emotional Literacy Support Assistant) interventions
- Positive praise and encouragement strategies within classrooms
- Parent consultations and wellbeing discussions
- Additional transition support for pupils moving to secondary school

Impact

Repeated surveys across the academic year showed that many pupils who had previously been identified as needing additional support no longer required targeted intervention following the actions taken. This demonstrates the positive impact of early identification, strong pastoral support and partnership working with families.

Our Next Steps

We will continue to:

- Monitor pupil wellbeing regularly through surveys and discussions
- Work closely with families to support children's emotional health
- Provide targeted interventions where required
- Develop pupils' resilience, self-esteem and wellbeing through our curriculum and wider school life
- Strengthen our partnership with external agencies where additional support is needed

Our Christian vision of "Striving for life in all its fullness" (John 10:10) underpins all aspects of our wellbeing provision. We want every child to feel safe, valued, supported and able to thrive.