

Wellbeing Ambassadors



What is wellbeing and why is it important?



Wellbeing is about living a healthy way that is positive to you and others around you.

At Whinmoor St Paul's we recognise the importance of positive mental health and wellbeing for all our pupils to lead a happy, healthy and productive life.

Wellbeing Ambassadors in action





Our Promise

We promise to spread positive thoughts.

We promise to spread random acts of kindness.

We promise to always help others.

We promise to always share a smile and kind words.

We promise to be generous with our time.

We promise to listen.

How can you look after your mental health and wellbeing?



Spend time outside



Take some time to exercise



Listen to music with friends



Eat healthy