

Wellbeing at Cloudside

We truly care that each and every child in our school feels happy and can cope with whatever challenge comes their way. We also recognise that for some children, this can be a frightening or worrying experience. Because of this, we have invested into different activities and experiences which help our children feel calmer and able to discuss how they feel.

Regulation stations

Within each year group area, we have set up regulation stations. These stations are areas for children who feel that they are struggling to cope in the classroom setting for a short period. We have a range of calming activities to help our children regulate themselves and give them strategies so they feel they can reintegrate themselves back into the classroom.



Gardening area and allotment

Over the past year, we have been developing our outdoor space to support children within our school who need time to be outdoors and within nature. We set up raised beds at the end of our field and can give children, who need time outside, tasks to do such as watering vegetables and flower beds so they can feel calmer. A few minutes outside has been proven to calm children and make them ease when back in the classroom setting. Also seeing nature grow over a period of time has helped our children appreciate their environments and take ownership of spaces around the school.

