

Cedars School Wellbeing Project

The Project comprises three parts:

1. The Steps to Wellbeing challenges

In S1 - S6, at the start of each month, pupils will be given a Steps to Wellbeing Challenges sheet. Each month will have a variety of challenges that can be completed. (For example: try a new fruit or vegetable; turn off the TV and read a chapter of a book; keep a gratitude journal for a week; start each day with meditation for a week; try a new healthy recipe; perform a random act of kindness.) These challenges will link with activities and input in Scarf (Scarf is our Junior School Health and Wellbeing programme), Stepping Stones, and Gateway, where we will focus on teaching pupils the power of making small, sustainable changes in our lifestyle. Parental engagement will be encouraged as part of these challenges.

In J1 - J7, each class will have a Steps to Wellbeing Challenge sheet, and they will work on this together as a team.

2. Cedars School is a phone - free school

- In Cedars, we already have a policy that phones cannot be used at all during the school day. Until now, we have allowed pupils to keep phones in their bags, so that those who travel a distance to school are able to have their phones. In light of the most recent research, and in light of the impact we see on our pupils of constant disruption due to the proximity of their phones, this is not an adequate measure. We are therefore taking steps to ensure that we create the best possible environment for children and young people in Cedars School to thrive.
- Parents / carers whose children need their phone for travel should [complete this form](#).
- Pupils who need their phone for travel will check their phone into a slot in the phone locker in the staff room upon arrival at school (before 9am) - after ensuring it is off or in silent mode. They will receive a numbered key ring corresponding with the slot in the locker. At the end of the day, they will return the keyring and be given their phone.
- Parents / carers of pupils who have a medical need such as diabetes, that requires them to have their phone on their person at all times, should speak to the Head Teacher.
- For some pupils, despite the current policy which does not allow phone use during school hours, their phone is something 'to do' when they do not want to make small talk. We will provide conversation cards, board games and puzzles at the lunch tables, and we have an excellent school library should pupils wish to borrow a book. Please speak to Mrs Creighton about borrowing a book from the library.
- We ask that parents provide alternative payment methods for pupils who currently use their phone to pay for lunch out of school. [This article](#) gives information on different options for pre - paid payment cards, and bank cards, for young people under 18.
- For any pupil found to have a phone on their person during the school day:
 - The pupil will be asked to put their phone in the locker and be given a numbered keyring. They can collect it at the end of day by returning the keyring.

- Their parent / carer will be emailed and asked to support their child by making sure their phone does not come to school with them.
- The pupil will complete one afternoon of community payback on the next Thursday afternoon, in which they will undertake tasks which serve the school community, reminding them of the importance of the part they play in upholding the values and ethos of the school.

3. Wellbeing Wednesdays

Our Gateway students have some ideas for lunch clubs related to wellbeing, and they will work on these with S1 - S4. These clubs will be designed to show pupils new skills and hobbies that can form part of a healthy lifestyle. They will also be used as a place to learn communication skills that can help young people who feel 'lost' without their mobile phone.