

Health and Wellbeing

Welcome to the Health and Wellbeing Page of our website.

At Beaumont Lodge Primary School, we understand the need for everyone in our school to have a healthy lifestyle. This helps pupils and staff to do their best and build on their achievements. We actively promote physical and emotional health, and aim to equip pupils with the understanding and skills they need to make informed decisions about their health, both now and in the future. By championing healthy eating, healthy lifestyles and emotional health and well-being, we are aiming to continue to raise standards and improve levels of pupil achievement.

Links to useful health and wellbeing websites for your use and information are posted below.

- **NSPCC Let's talk PANTS** - Please click on this link to access the NSPCC's guidance on PANTS.
<https://www.nspcc.org.uk/preventing-abuse/keeping-children-safe/underwear-rule/>
- **Healthy lunchbox guide** - Looking for information on how to pack a healthy school lunchbox that kids will love? Look no more!
<https://heas.health.vic.gov.au/schools/healthy-lunchboxes>
- **Change4life information**
<https://www.nhs.uk/change4life>
- **NHS Choices website** - Please use the link below for information regarding health and lifestyles:
<https://www.nhs.uk/>
- **Childline** - this is a confidential service, provided by the NSPCC, offering free support for children and young people up to the age of nineteen on a wide variety of problems.
<https://www.childline.org.uk/>
- **Relax Kids** - Please refer to the Relax Kids website for useful information on children's mental health and wellbeing.
<http://www.relaxkids.com/>
- **Young Minds** - Please click on this link to access the Young Minds website for mental health information and advice.
<https://youngminds.org.uk/>