



Hermitage

Wellbeing Champions



Wellbeing Champions are nominated by the class teacher and our Wellbeing Officer.

We like to choose two children from each class that are positive, kind friends and naturally proactive at helping others. They are emotionally literate; able to express and articulate their feelings.

Their responsibilities are to let an adult know when someone may be feeling sad and has difficulty expressing this. Our Wellbeing Champions do not support others with their problems, but know to inform someone who can.



There are 'Worry Eaters' in each class. The Wellbeing Champions know to inform Tracy, our Wellbeing Officer if they have been used so that she can explore, if necessary, any worries the children have. Children are encouraged to use these as another way of communicating their feelings and concerns.

Sometimes the Wellbeing Champions will 'buddy' new children joining our school and support anyone outside that does not have company of friends, helping them to form new friendships.



The Wellbeing Champions meet regularly with Tracy for support and guidance and to make sure that their wellbeing is taken care of.