

Windsor Clive Primary School

Wellbeing Newsletter January 2026



Welcome to Windsor Clive Primary School's monthly 'Wellbeing Newsletter'. The intention of this newsletter is to highlight the importance of our children's wellbeing and mental health.

We are very pleased to have become a Gold Rights Respecting School - this is a fantastic achievement for the school and the children of Windsor Clive. Our pupils can confidently discuss a range of rights and explain why they are important and relevant to their lives. The assessor highlighted that rights are embedded across the curriculum, including the early years and children with additional needs, using a wide range of age appropriate, creative resources. We have a nurturing family atmosphere with strong relationships with parents/carers who also value and engage with the school's Rights Respecting work. Importantly, pupil voice is valued highly, with many opportunities for the children to put their suggestions forward.

Our Right of the Month is Article 12 - The right to give their opinions freely on issues that affect them - adults should listen and take children seriously.



Children have the right to give their opinions freely on issues that affect them. Adults should listen and take children seriously.

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ABCDE of Rights

- Universal** - rights are for **All** children.
- Inherent** - rights are there from **Birth**.
- Inalienable** - rights **Cannot** be taken away.
- Unconditional** - rights **Do not** have to be earned.
- Indivisible** - all rights are **Equally** important.



Windsor Clive Primary Sleep Questionnaire - Fill in form

Following a pupil voice questionnaire last year, it showed that many of our children struggled with sleep and going to sleep. We'd love to try and help!

Please complete the Google Form to help us know where to start. You can translate the form into a language of your choice.

Have you ever heard of growth vs fixed mindset?

A 'fixed' mindset believes that skills and abilities in each of us are unchangeable. A 'growth' mindset believes we can grow with effort, that mistakes help us to learn and that challenges are very good for our brains! Which type of mindset do you have? Can you challenge your mind to be more flexible?

