



Lapal

Primary School

Health and Wellbeing Committee

Roles & Responsibilities

- The Wellbeing Ambassadors will work closely with the staff Wellbeing team and will represent pupil voice in relation to the wellbeing of their class.
- Raise awareness of positive wellbeing in their own class and throughout the school community.
- Promote initiatives to encourage GREAT ways to wellbeing.
- Help staff/lunchtime supervisors to make sure break and lunchtimes are calm and enjoyable and help to solve disagreements by themselves and support children who are lost, lonely or upset to find friends to play with.
- Understand what is meant by a healthy body and mind and promote healthy eating at break time and lunch time.
- Overall, a Wellbeing Ambassador will need to spread joy, lift people's spirits and be there for anyone in their time of need.

