



# Wellbeing Warrior Meeting (08.10.25)



## Attendees

3A	3B	3C	4A	4B	4C	5A	5B	5C	6A	6B	6C

## Agenda

- Recap Roles and responsibilities
- Quote of the Week ideas
- Mindfulness idea sharing

## Actions for Wellbeing Warriors

- Promote the use of Regulation Stations.
- Remind your class of how/when to use the worry box.
- Choose quotes they think would be good for Quote of the Week

## Actions for Ms Melia

- To complete an audit of Regulation Stations to ensure they are visible and accessible in all classrooms
- To explore opportunities for Wellbeing Warriors to support the delivery of assemblies.

## Discussion topics for next meeting

- Mindfulness in the classroom.
- How Wellbeing Warriors can become more involved in school.