

Wellbeing Ambassador work 2021-2022



Our Wellbeing Ambassadors 2021-2022

Mental Health Newsletter Autumn 2021



Meet our Wellbeing Ambassadors!

With our new term well underway, we would like to introduce parents to our Wellbeing Ambassadors. They are part of the Wellbeing team at Gorse Hall and give pupils a voice to help shape our mental health support at school and in the wider community. They have organised and led the #HelloYellow activities and assemblies.



Thank you for supporting Hello Yellow day and helping to raise awareness for children and young people's mental health.

Pupil Wellbeing Survey

To help us support our pupils as much as possible, please could you ask your child to complete this survey (if younger, you may need to read the questions to them). We would like them to be as honest as they can and not answer how they think they should answer. Findings will be used for school purposes only stored securely, results shared with parents (anonymous - no names) and discarded when analysed.

<https://forms.office.com/Pages/ResponsePage.aspx?id=DmzfroyUKU6I6y7BqcrLioXKzuTYQ05AgYVEHDFYIq5U0UNUQ0xiMDFQU0VLuzFWVEo30TAyN1HLMi4u>

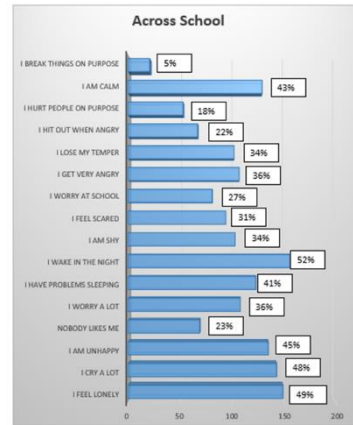
Mental Health session for parents

There will be a Connect 5 Parent session in school Monday 24th January. This will take place in the school hall and is open to all parents. It will be in the afternoon and specific details will follow nearer the time. If stricter Covid restrictions are put in place after Christmas, a virtual meeting



will take place instead.

Parenting Helpline
Do you need support, advice and guidance?
Monday AM 9-11am
Kim McInerney (07583971806) or



Strengths (things we are better at):

- Not hurting people when we are angry
- Not breaking equipment/objects when we are angry
- We know that people like us

Areas to develop (things we need more help with):

- Sleeping problems
- Regulating emotions -sadness/anger
- Feeling lonely
- Worrying (at school and at home)

Action:

- Whole School assemblies -strategies shared
- Information for parents on website/letter to support their child with good sleeping habits
- Using 'Feeling thermometer' within class -acknowledging feelings/managing feelings
- Use of worry boxes and time to address worries
- Buddy system for pupils who feel lonely
- Continue to practice mindfulness and breathing techniques

The Ambassadors identified areas from the pupil survey that they would address and help improve. This resulted in planning and delivering an assembly about the importance of sleep.

The Ambassadors shared ideas to include in a termly Newsletter.

FACTS ABOUT SLEEP

- Children aged 6-12 years old usually need between 10 and 11 hours sleep every night. Some may need more or less! To wake up at 7am in time for school, a good time to go to bed is before 9pm.
- Spending time outside during the day and exercising can help someone fall asleep and help them to sleep well.
- Keeping to the same routine is a good idea, such as going to bed and waking up at the same time every day, even at weekends.
- Doing something relaxing in the hour before going to sleep can help. This could be things like reading a book or listening to a story. Avoid eating, drinking, playing games, talking to someone or using your phone about an hour before going to bed.



The Wellbeing Ambassadors planned activities for pupils to do on #HelloYellow day in October 2021. These activities included:

- Dressing up as a Superhero
- Wearing Yellow
- Yellow obstacle 'fitness' circuit
- Yellow treasure hunt following clues.

The Ambassadors played a key role in achieving our AcSEED award. We were delighted to receive this award for supporting the wellbeing of our pupils, staff and parents.



Looking after Yourself

Our bodies are really clever, but we need to look after ourselves to help us stay happy and healthy. There are lots of things we can do to help look after ourselves. We can...

talk to others about how we are feeling



eat a balanced diet



do some exercise



look after our personal hygiene



think about what we need to wear



have plenty of rest and sleep

End slide

It's #HelloYellow!

Today we're showing young people that they're not alone with their mental health and raising vital funds for YoungMinds.

