

Term 3 – December 2020

Wellbeing Newsletter

“Wellbeing...

is a powerful tool to grow our own capabilities, independence, resilience and realise our own richest potential.”

“We strive to ... solve our own problems, generate our own opportunities and equip ourselves to thrive in our future.”

Wellbeing curriculum

Weekly Wellbeing sessions

Primary and secondary learners receive weekly Wellbeing sessions.

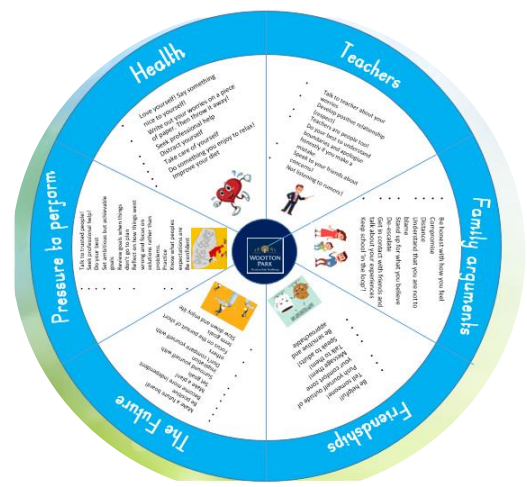
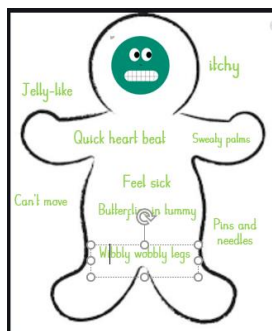
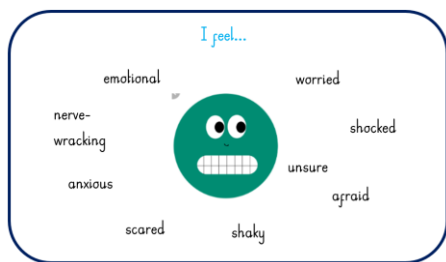
Activities in primary have included identifying emotions and early warning signs and thinking about self-regulation strategies as well as class talks about worries they have and what solutions we could have to some of them to make us feel a little bit more comforted, safer or happier. Other sessions have focused on experiencing mindfulness, developing a Growth mind-set and engaging in the arts planned by our specialist secondary teachers,

Secondary pupils have completed a Post-Covid curriculum following the return to school. They have developed their ability to manage difficult feelings, learnt more about increasing their resilience, as well as identifying coping strategies to support them during these difficult times.

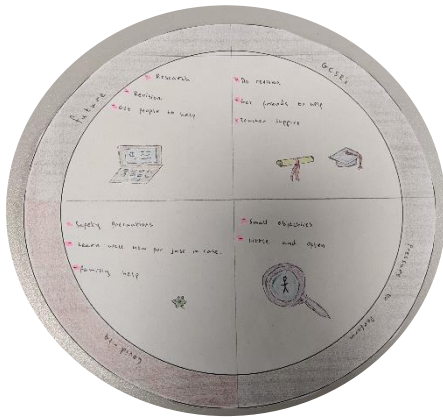
Wellbeing wheels

The whole school have created Wellbeing wheels as a class or individually to help their talk about concerns and worries they have with a focus on finding ways through and searching for solutions and support.

Here are some examples:



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Wellbeing Ambassadors

Form part of our learner leadership

These learners put themselves forward for this role and we are really looking forward to their involvement in Wellbeing through-out the school, under the wing of Mrs Wild.

Congratulations to:

Jayden 7SI
Noah 7SI
Alesha 8RE
Nicoleta 9GO
Julietta 9GO
Airon 10BL
Jayda 11BL
Elizabeth 11BL

Our Wellbeing Ambassadors meet every Monday with Mrs Wild to discuss ideas and new Wellbeing ventures in our own school and in the wider community.

Watch this space!!

Wellbeing Hub / Drop ins

Lunchtimes for secondary learners

A member of the Wellbeing team is there to talk with any learner who drops in without an appointment.

WOOTTON PARK
Open and available to all

Wellbeing at WPS

'Drop in' - Room: 1.27

Do you need someone to talk to on a 1:1?

- ✓ Worried about you or a friend?
- ✓ Just need to talk and think something through?
- ✓ In need of a coaching conversation?

Then come along to the Coaching room 'Drop in' at lunchtimes:

- ✓ Monday: 1.35pm-2.15pm - Miss Grady
- ✓ Tuesday: 1.35pm-2.15pm - Mrs Wild
- ✓ Thursday: 1.35pm-2.15pm - Miss Grady
- ✓ Friday: 1.35pm-2.15pm - Mrs Wild

Wellbeing Team

		
Lead Wellbeing Coach Mrs Wild	Safeguarding Officer Mrs Grady	Lead Teacher for Wellbeing Mrs Chambers



A member of the Wellbeing team and Wellbeing Ambassadors are there to organise the activities and socialise with those who come along.

WOOTTON PARK
Open and available to all

Wellbeing at WPS

Wellbeing Hub - Room: 1.02

- ✓ Sit in a quiet space
- ✓ Play quiet card and board games
- ✓ Coach with others
- ✓ Mindfulness activities
- ✓ Talk to someone from the Wellbeing team
- ✓ Talk to the Peer Supporters or Learner Wellbeing Ambassadors
- ✓ Listen to relaxing music
- ✓ Sudoku, wordsearches and crosswords
- ✓ A range of reading books

Come along to the Wellbeing Hub at lunchtimes:

- ✓ Monday: 1.50pm-2.20pm - Mrs Chambers - Year 8
- ✓ Thursday: 1.20pm-1.50pm - Mrs Wild - Year 9
- ✓ Friday: 1.20pm-1.50pm - Miss Grady - Year 7

Wellbeing Team

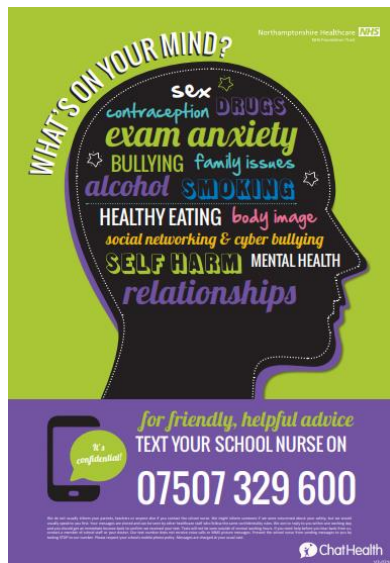
		
Lead Wellbeing Coach Mrs Wild	Safeguarding Officer Mrs Grady	Lead Teacher for Wellbeing Mrs Chambers



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Wellbeing Support and Advice

Five ways to well-being...Connect, Be active
Keep Learning, Take notice and Give





Sometimes we all need someone to talk to

If you need to talk to someone, you can always access Mrs Wild, Miss Grady or Mrs Chambers from the Wellbeing team at:
The Wellbeing 1:1 'drop in' on a Monday, Tuesday, Thursday or Friday.
Or
The group Wellbeing Hub on Monday, Thursday or Friday.

If you're outside of school, you can reach out to any of the following:

-  **ChildLine** – 0800 1111
-  **Samaritans** – 116 123
-  **The Lowdown** – 01604 634385
thelowdown.info
Free and confidential counselling for teens in Northampton
-  **ChatHealth** - 07507329600
Text your school nurse
-  **CAMHS Live** - www.nhft.nhs.uk/camhslive
Online chat service run by trained CAMHS workers
-  **Young Minds** – www.youngminds.org.uk
Great website full of useful resources and tips

Staff Member of the Month

Autumn 2020

Miss Bennett (Attendance and Engagement Officer) was nominated for doing a fantastic job in light of Covid ensuring that families are well informed and supported



Miss Danes (Office administrator), Ms Cazan (School cleaner) and Mr Saxon (School site assistant) were nominated this term for going the extra mile and providing outstanding support to WPS during a challenging first month of this year.

How to nominate a staff member

You (as parents / carers and learners) may nominate any member of staff for a reason of your choice.

If you wish to nominate a staff member for this recognition for something they have said, carried out or achieved - no matter how big or small, please email Mr Rosser with the following information:



Staff member of the month

Nominee:	
Nominate for:	
Nominated by:	

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Young Minds#Hello Yellow Mental Health Awareness day

October 9th 2020

This year we have supported the Young Minds charity. Learners had the opportunity to take part in activities and assemblies as well as wear something yellow for a small donation. We are pleased to say we raised:

£584.15



The focus this year was kindness. Here is some of the work learners produced based on the story 'Kind' by Axel Scheffler.



Pacesetters Workshop

Kate Houghton from Pacesetters delivered the third workshop of three in the series.



Parent / carer feedback

What did you gain or learn?


"Informative."

"Refreshed my knowledge."

"To frame things positively - why don't you try...."

What is the impact that physical wellbeing has?

- Confidence
- Friendships
- Feelings
- Contentment
- Positive mindset
- Relieves stress
- Happier mood
- Better quality sleep
- Improved ability to learn
- Increased concentration
- Body image
- Part of a team
- Resilience
- Teaches discipline
- They see progression
- Self-esteem
- Reduces risk of health issues



Further Requests

"Regular updates on what is being taught"

"Live webinar questions"

The Well-being Team have listened to your feedback and will aim to include these in future.