



# WOOTTON PARK

*'Ipsum quod faciendum est diutius'*

## WELLBEING AT WOOTTON PARK

At Wootton Park we believe...

**“Wellbeing...**

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



### World Mental Health Day

October 14<sup>th</sup>



Our learners and staff supported the **YOUNGMINDS** charity campaign

**We raised: £336.00**



The children’s society gave a talk on **The Good Childhood Index**. This measures **children’s overall well-being** and their **happiness with 10 aspects of life** that children and young people tell us are **crucial** for their well-being.

The learners had to order them with regard to their importance.

*Family Friends Home Health Time use  
Future Things Choice Appearance School*

**We listen. We support. We act.  
Because no child should feel alone.**



### Parental Surveys-Wellbeing Award

**Your views**

We sent out our parental surveys last week for the Wellbeing Award. We listened to your views and have acted upon them.

Link:

<https://app.awardplace.co.uk/stakeholder-evaluations/user-survey/5d9dcd5391608>

Surveys close Wednesday 23<sup>rd</sup> October

### You said

you wanted:

- Communication regarding Wellbeing
- A person identified to talk to about Mental Wellbeing
- All staff to understand serious mental illness
- School to ask parents about their general views and needs

### We Did

- ✓ Wellbeing newsletters, email and website updates, Wellbeing Ambassadors
- ✓ Parent information / workshop evenings and opportunity to feedback views
- ✓ Staff training September / November 2019.
- ✓ Parental feedback via workshops, surveys and via emails following Mental Health Awareness Day 2019

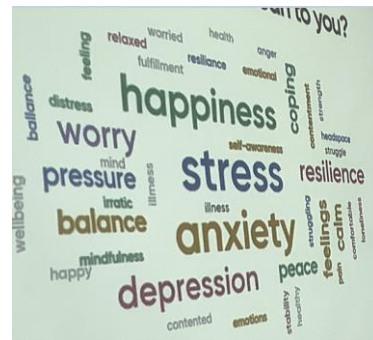
**“We strive to ... solve our own problems, generate our own opportunities and equip ourselves to thrive in our future.”**

## WELLBEING AT WOOTTON PARK

### Pacesetters: Parental and Carer Workshops

Thank you to those who attended our first Wellbeing workshop on **Understanding the adolescent brain, Understanding Mental Health and Mindset**

It was a great success and we have listened to your feedback are looking to incorporate your ideas and needs into other workshops.



Over 96% of attendees said that they had gained:

- *knowledge about what mental health and wellbeing is*
- *a greater understanding of the teenage brain and mind-set*
- *tips, ideas and resources from the workshop*

#### Future Workshops:

Term 3: Monday 10<sup>th</sup> February 2020, at 6pm

**Coping with stress, Building resilience and relaxation**

Term 5: Monday June 8<sup>th</sup> 2020, at 6pm

**Motivation and Physical Wellbeing**



## WELLBEING AT WOOTTON PARK

### Learner Wellbeing Ambassadors join the team!

Wellbeing Ambassadors of Wootton Park



Mrs Lydia Wild  
(Lead Wellbeing)



Miss Carla Grady  
(Safeguarding Officer)



Mrs Hayley Chambers  
(Lead Teacher)



Miss Alex Bennett  
(Learner Leadership/  
Transition)



Mrs Jane Page  
(Senior Vice Principal  
/ Designated  
Safeguard Lead)

**Our Peer Supporters will be trained by Miss Bennett through the Peer Support Programme next term.**

**Our Wellbeing Ambassadors will be promoting wellbeing through the school with Mrs Chambers, Mrs Wild and Mrs Grady.**

Wellbeing Ambassadors of Wootton Park



Mrs Laura Knight  
(Governor)



Mrs Ilknur Gascomb  
(Parent)



Ellie Lavelle  
(Human Resources)

Taylor Wrigley  
Hattie Meade  
Oyis Akintunde  
George Marshall  
Vanessa Perez  
Hannah Gonzalez De Savage  
Harvey Barker  
Ryan Simpson  
Tabi Boyce  
Izzy Lambert

Peer supporters

Molly Fossey  
Taylor Wrigley  
Finlay Shelton  
Callum Smulovitch  
Joseph Williams  
Harding  
Ollie Dooks  
Belle Warriner

Learner Wellbeing Ambassadors

Caleb Slater  
Harvey Barker  
George Marshall  
Hannah Gonzalez De Savage  
Hattie Meade  
Freya Constantinou  
Amber Garcia