

## WELLBEING AT WOOTTON PARK

“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 Award for schools

Proud to be awarded this achievement on  
November 2019



The report by Jackie Lamb (verifier) states:

“Wootton Park School is an outstanding school in terms of Emotional Wellbeing and Mental Health (EWMH). The School obviously sees EWMH as central to its work and has done from its opening.”

“There is evidence throughout the school and in the portfolio that EWMH is about the whole person and community. It is solution focussed and systemic in its approach, enabling empowerment and supporting resilience.”

“An area of strength is that the whole community work together and understand what EWMH is and that we all have it; there is a ‘feeling’ within the school that there is an enthusiasm, both for learning, and caring for each other.”

“I look forward to this school being able to share this exemplary work with regard to EWMH with other schools across the country,”

### Pacesetters - Parent / Carer Workshop

Free to all parents / carers

After our hugely successful first parent workshop on ‘Understanding the adolescent brain, mental health and mindset’ in October, I am pleased to announce our second workshop is to take place this term on:

*‘Coping with stress, building resilience and relaxation.’*

**When?** Monday February 10<sup>th</sup> 2020. 6-7pm

**Where?** Wootton Park School (In the hall)

**Who?** Pacesetters introduced by Wootton Park’s Wellbeing Team

**What?** A parent workshop to help parents and carers develop their understanding of children or young people’s mental health and explores how parents can further support their children.



Please book a place  
via [www.schoolinterviews.co.uk](http://www.schoolinterviews.co.uk) using the  
code: **jyfp**



# WELLBEING AT WOOTTON PARK

## Health and Wellbeing day

December 13<sup>th</sup> 2019

Overall 93% of learners scored the day as either Outstanding or Good



### Learner feedback:

**Primary:** What was your favourite part of Wellbeing Day?

‘Making the worry dolls’  
‘Woody-the therapy dog’  
‘I loved doing Powerbubbles because it is calming and fun’  
‘Mr Pape singing with us’  
‘Peer massage’

**Secondary:** What have you learnt about Wellbeing?

“That we control our thoughts-they don’t control us, that you need 7-9 hours sleep per night and that my mind is still developing, I enjoyed learning about the science of the brain.”

“I’ve learnt that breathing exercises can help you calm down, how to read the nutrition labels from labels and how that applies to a healthy diet, and that sleep has a big impact on things that will affect your life,”

## Visit to Collingtree Care Home

Showing one of the ways to Wellbeing- ‘Giving.’

Reception and Year 1 made Christmas tree decorations as part of Wellbeing day for the people at the care home and sang Christmas carols



# WELLBEING AT WOOTTON PARK

## Staff member of the week

January 2020

As part of our **staff wellbeing**, we nominate a colleague each month for recognition of something they have said, carried out or achieved no matter how big or small.

We would like to open this nomination opportunity up for learners as well as parents and carers. You may nominate any member of staff for a reason of your choice.

If you wish to nominate a staff member for this recognition please email Mr Rosser with the information below or fill out one of the slips below which can be found near the black post box, mounted on the wall in the school entrance (to the left of the office window) before posting it into the black post box.



### Staff member of the month

<b>Nominee:</b>	
<b>Nominate for:</b>	
<b>Nominated by:</b>	



## Wellbeing wheels

### Targeting Mental Health in Schools Programme (TaMHS)

As staff we have received some excellent training from the programme which we are utilising with many learners.

As part of the programme, learners made their own Wellbeing Wheels to enable them to identify their own issues and solve their own problems. Learners discussed worries in form classes and produced some solution- focused responses which are now displayed in classrooms.

