



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.”*

Wootton Park’s Wellbeing Ambassadors

Ambassadors organise, lead and attend events and support learners and parents / carers with Wellbeing.

Mrs Jane Page – Designated Safeguard Leader

Mrs Hayley Chambers – Wellbeing Team- Lead Teacher

Mrs Lydia Wild – Wellbeing Coach

Miss Carla Grady - Counsellor

Miss Alex Bennett – Community Lead

Mrs Ilknur Goscomb– Parent

Mrs Laura Knight – Governor Representative

Peer Support Leaders: To be confirmed next term!

Diversity Week

Diversity Week took place between Monday 15th and Friday 19th July

Learners in both Primary and Secondary had access to a range of different sessions and activities relating to LGBTQ+ equality in education.

Example activities include LGBTQ+ story time, Diversity assemblies, and Rainbow Ribbon sales (with proceeds going to the Albert Kennedy Trust – a charity helping young homeless members of the LGBTQ+ community).

Learners engaged extremely well with the sessions, gave incredibly positive feedback and expressed a need for equality for all members of the Wootton Park community.

We are already planning ahead for a similar event next year!

Wellbeing Logo competition

A close vote!

All learners entered our Wellbeing logo competition, our Anti Bullying ambassadors’ wittled the entries down to 4 and the whole school have voted on the two winners through our Smart School council led by Miss Bennett.

Wellbeing Winning Logos:



Frankie Mileham



Amelia Gutkowska

Logo runners up:



George Marshall



Juno Koelmeyer

CELEBRATE DIVERSITY and equality in our school!

What's happening?	When?
Assembly: Identity and Diversity: Just Like Us	Monday 15 th July – Year 10 Tuesday 16 th July – Year 9 Friday 19 th July – Year 8
Rainbow Ribbons for sale! All proceeds to go towards Albert Kennedy Trust. <i>Rainbow Ribbons 41 each On sale during water time each day.</i>	Monday 15 th – Friday 19 th July
Lunch-time screenings: Short films and LGBTQ+ documentaries <i>Screenings will take place at 5.0 at 1.45pm</i>	Monday 15 th – Friday 19 th July
LGBT+ Themed form time activities, debates and discussions	Wellbeing Wednesday (17 th July)

www.justlikeus.org @JustLikeUsUK #SDW19

We are proud to be celebrating School Diversity Week

Stand up for LGBT+ equality in education!

For more information speak to:
Mrs Wild or Miss Watts
15th – 19th July 2019

www.justlikeus.org @JustLikeUsUK #SDW19

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



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Wellbeing Award for Schools

Progress continues with the Wellbeing Award accreditation.



An advisor met with Mr Rosser, Mrs Chambers and Mrs Wild this term and already well over 80% of the Award has been achieved. Before the final verification visit, staff will receive training through the Targetting Mental Health in Schools (TaMHS) project on the Wellbeing Wheel, Attachment, Protective Behaviours, Mental Health First Aid and Anxiety and low mood.

Parental and Carer Workshops

Free information and signposting about wellbeing for your child in school.

Pacesetters are delivering parent workshops in school for parents and carers to attend. Each session will give an overview of the topics stated below. Based on your feedback we could then hold more indepth sessions on specific topics that are helpful for you.

Term 1: Monday October 14th 2019, at 6pm-7pm

Understanding the adolescent brain, Understanding Mental Health and Mindset

Term 3: Monday 10th February 2020, at 6pm-7pm

Coping with stress, Building resilience and relaxation

Term 5: Monday June 8th 2020, at 6pm-7pm

Motivation and Physical Wellbeing

Page 27 We **strive** to ... **solve our own problems, generate our own opportunities** and **equip ourselves to thrive** in our future.”

Advice and support for Mental Health

Support groups and helplines

- ⇒ Childline – 0800 1111 <https://www.childline.org.uk/get-support/1-2-1-counsellor-chat/>
You can also access a 1-2-1 counsellor online through Childline here:
- ⇒ Samaritans– 116 123
- ⇒ The Lowdown – 01604 634385. thelowdown.info *Free and confidential counselling for teens in Northampton*
- ⇒ Chat Health – 07507329600
- ⇒ Ask Norman - <https://www.asknormen.co.uk/talk-out-loud/>
- ⇒ Ask Norman - <https://www.asknormen.co.uk/>
- ⇒ CAMHS Live - www.nhft.nhs.uk/camhslive
 - *Online chat service run by trained CAMHS workers*
- ⇒ Time to change - <https://www.time-to-change.org.uk/>
- ⇒ Young Minds – www.youngminds.org.uk,
<https://youngminds.org.uk/?gclid=C1WQsvebkc8CFasK0wodJEG08w>
Great website full of useful resources and tips.
Parents Helpline: 0808 802 5544
- ⇒ *Young Northants* -<https://www3.northamptonshire.gov.uk/councilservices/children-families-education/young-northants/Pages/default.aspx>. 0300 126 1000
- ⇒ *NCC – Support for mental Health, Virtual school* - 0300 126 1000
- ⇒ *MindEd* - <https://www.minded.org.uk/>
It provides simple, clear guidance on mental health to adults who work with children and young people, to help them support the development of young minds

