



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*.”**

Wellbeing Award for Schools

Progress continues with the Wellbeing Award accreditation.

We were delighted with the number of responses from learners, parents and staff regarding our Well Being Award evaluations. Thank you to all who gave us feedback, we really appreciate your contributions.

The results show that overall stakeholders at Wootton Park agree that everyone involved in school needs to look out for each other when it comes to emotional wellbeing and mental health and have a good understanding of the importance of emotional wellbeing on a learner’s performance. It is felt that emotional wellbeing is valued across the school and that our school offers good quality support for learners and that here at Wootton Park we really care about the emotional wellbeing and mental health of everyone involved in school.

We will continue to make strides to build upon what we have already proudly established.

Watch out for our Wellbeing logo competition for learners...coming soon!!



Mental Health Awareness Week

National Mental Health Awareness Week took place Monday 13th – 19th

For the week of Monday 13th – Friday 17th May we focused our wellbeing activities on raising awareness regarding mental health, in conjunction with national Mental Health Awareness week.

Learners in both primary and secondary received a Mental Health Awareness booklet to help them monitor their mental health and wellbeing both at school and at home. The booklet helped learners identify how they were feeling, what was going well for them, what might not be going so well and how they could tackle it.

The booklet also contained Top Tips to support their mental health and support services young people can reach out to if needed.

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