



An Update from the Healthy Minds Network

Dear Parents / Carers,

As you know, we are currently working towards achieving the Wellbeing Award for Schools. The *Healthy Minds Network* team would like to share the vast amount of progress that has been happening so far and what is still to come.

Progress So Far:

The writing and sharing of our Mental Health and Wellbeing Strategy - this has been carefully thought out and constructed and shared with parents, staff and pupils.

New Learning Value - During an assembly where the Healthy Minds Network shared the Wellbeing Award information with pupils, it was suggested by pupils that the school should add an additional learning value to represent kindness. Pupils then shared their suggestions for an animal to represent kindness and a whole school vote chose a **sloth**. One of our year 11 pupils has kindly drawn this for us.



Playground Buddies - Back earlier in the term, pupils from *Mighty Minds* shared that they would like to see pupil playground monitors during outdoor playtimes to support others with initiating play and building friendships. This suggestion has been actioned with the purchasing of PB caps for the students to wear. This begins after Easter when pupils will have the opportunity to apply for the position of Playground Buddy.

Assemblies - Our assembly theme timetable has been reviewed and we now hold a greater amount of Mental Health specific assemblies. We shall also finish off each assembly with '*Mindful Minutes*' which provides an opportunity to pause and reflect on a given topic.

Mindful Minutes - As well as at the end of an assembly, classes and pupils may find odd moments throughout the school day to pause and reflect on topics and prompts relevant to wellbeing. Some classes may build this into daily circle time or registration.

Newsletters - The Healthy Minds Network have initiated half termly newsletters with mental health and wellbeing updates for staff and parents.

Time for a Cuppa - The school is hosting a monthly 'tea and talk' drop in for staff in addition to half termly coffee mornings for parents to attend.

Rebranding of the ELSA room - This has now been named 'The Burrow'. A variety of new emotion related resources have been purchased which can be accessed by all. Closely linked with this, there are further opportunities for students to have drop in sessions with staff when they feel they would like more support. There is also an anonymous post box located outside The Burrow for pupils to seek further support.

Information Boards - Students have access to a well presented information board in their social area of the school 'The Hub'.

Parent Class Drop - Ins. - Some classes have already hosted open classroom sessions for parents to come along to. All classes will be hosting at least one before the end of the school year!

Monday Weekly Gems - This is an opportunity for staff to share WOW moments with the rest of the school team. This could be about another staff member or a student. This is a lovely way to begin the week.

Coming Soon:

We are very proud of the progress we have made so far towards improving wellbeing and mental health provision across our school though there are still lots of things to come including;

- Updating of the school website to include mental health signposting for parents, staff and pupils
- Completing another round of parent, pupil and staff surveys to gain feedback on possible next steps