

Emotional Wellbeing

Supporting a Culture of Wellness in Merton's Trailblazer Schools

Issue 2: October / November 2019



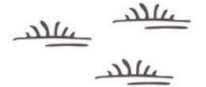
Julia Waters; Headteacher, Ursuline High School, Wimbledon & Chair of Merton Cluster Schools (Left) & **Sara Rosenthal**, Clinical Psychologist (Right)



Mental Health Leads have been learning about what makes effective communication with young people when signposting our new services. Getting the language and the images right makes a real difference when young people are thinking about accessing help. The Trailblazer clusters commissioned a company which specialises in marketing for young people 'Giraffe' to feedback to us. They informed us in **Year 8**: There is still a lack of understanding around dealing with mental health. Anonymity of support and privacy are very important to this age group. Communication should stress anonymity and diffuse stigmas. In **Year 5**: Mental health is understood using simple emotions, other people's feelings can affect their mood and communications should focus on reacting to emotions. **So further feedback to support our next steps!**

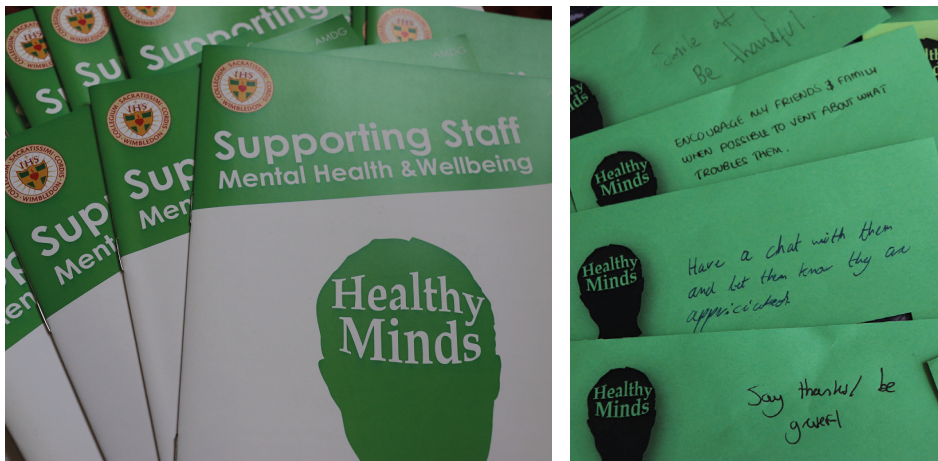


Gorringe Park Primary School



Healthy Minds

De-stigmatizing Mental Health!



Wimbledon College have branded their mental health and wellbeing initiative "Healthy Minds". During Mental Health Awareness Month they focused on de-stigmatizing mental health, as part of this students prepared assemblies showcasing celebrities who talk openly about their own mental wellbeing challenges. Their school motto is "men and women for others" and this mental health month they have been applying this to mental wellbeing and asking students to write down a simple action they can take to help support the mental health of a friend. These will form a display in the school to help show the positive impact we can have when we support each other as a community. Staff created a Mental Health and Wellbeing handbook containing lots of guidance and signposting of local services, and have also launched a termly staff wellbeing newsletter.



Wimbledon College



The Sherwood School
Inspire. Learn. Grow.



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Left to Right: UHS students with Matt Pepper (top, left), Sacred Heart students gardening with Mr Dan (top, middle), Fantastic FRED in action at St John Fisher, (top, right), UHS students tackling the Mental Health Mile (bottom, left), students enjoying Yoga at Sacred Heart (bottom, middle), the Fantastic FRED tent at St John Fisher (bottom, right).

Ursuline High School celebrated Mental Health Day with a week of activities to raise awareness of mental health and promote positive emotional wellbeing. Students have made pledges for their own emotional wellbeing, experienced a mindfulness meditation and taken part in a whole school quiz hoping to win the most points for their house. On Mental Health Day itself, they welcomed wellbeing speaker **Matt Pepper** to give a talk to Years 8 and 10 on mental and emotional wellness and how to implement the '7 ways to life changing happiness'. Matt is also the author of the successful book; **Happiness: The Inside Job**. They concluded the week with a **UHS Mental Health Mile** open to all staff and students with the aim to support mental health awareness and raising some money for mental health charity **Young Minds**.

St John Fisher Primary School students really enjoyed their visit from **Fantastic FRED**. "We went in a huge dome set up on our field to meet FRED and a Professor who taught us about minds.. healthy eating.. and to drink lots of water.. we learnt about endorphins, which is a chemical we get from exercise that makes us happy and we did some silly dancing!" **Student**

Sacred Heart Primary School organised a range of activities to help them build up resilience and learn about health and well-being. Particularly popular was the afternoon 'children's choice' activity in which each class got to choose to do something that makes them happy. The range of class activities designed to inspire wellbeing included art, yoga, gardening, mindfulness and health and nutrition workshops. As a staff, they shared a staff lunch, committed to minimising unnecessary email communication for the day and celebrated what they value about their staff team.

Good For The Mind!

Holy Trinity Primary School have developed a well-being Library of books that children can borrow to help them with different issues they might encounter. A fantastic idea!



Wellbeing Angels



Melrose School have set up 'Wellbeing Angels' similar to Secret Santa. Whereby staff draw a name from a hat and become a person's 'angel'. Your angel leaves notes of appreciation/cup of tea/bar of chocolate for you to find on your desk/in your pigeon hole. Feedback has been excellent. On **Mental Health Day** a presentation was given to pupils at all sites - signposting to Kooth and other support available. We also have an 'appreciation post box' where staff put notes of appreciation to each other - these are delivered at the end of every half term.