

# Emotional Wellbeing

Supporting a Culture of Wellness in Merton's Trailblazer Schools

Issue 3: January 2020



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



Dear Friends,

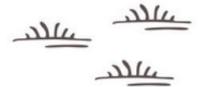
It has been so good to see the new posters around the Borough letting us know about a new service in Merton called Merton Uplift for adults. It's a free service for stress anxiety or depression Mon- Fri 9-5pm call 02035135888. So we have adult as well as on line services for our young people. Kooth and Off the Record are proving especially helpful to young women.

We are delighted to be able to publish a handbook for staff in our schools supporting mental health and well being. A huge thanks to James Potter and Wimbledon College who wrote it and shared it with our cluster.

This week we are hosting a visit from the Department of Education to share what we are doing. More news in our next newsletter!



Gorrington Primary School



St Mary's Catholic Primary School



Wimbledon College



The Sherwood School  
Inspire. Learn. Grow



## Be The Best You Can Be!



**Top Left to Right:** Steven Reid presenting at Sacred Heart school assembly  
**Bottom Left to Right:** Students during 'odd shoes day', Year 1 friendship tree

**Sacred Heart Catholic Primary School** was pleased to welcome *Steven Reid* – Ex professional footballer, the uncle of two pupils at the school shared an inspiring assembly with us, encouraging us all to be 'the best you can be'. Steven shared the story of his career as a footballer, including the highs and lows. He reminded us that it is okay to make mistakes, that you will have set backs and that it is 'OK not to be OK'.

The School Council leaders launched **Anti-bullying Week** with an assembly giving the definitions of bullying and what we should do if we are worried and how we can help someone. We had an 'odd shoes day' to celebrate and show how we are all different in our own special way and that we are all unique. Each class shared their anti-bullying activities in a sharing assembly. This important week has further emphasised our commitment to achieving excellence in wellbeing.



# Emotional Wellbeing

Supporting a Culture of Wellness in Merton's Trailblazer Schools



Left to Right: A lunchtime club at St Thomas of Canterbury, Student drop ins poster at Raynes Park.

## Its All Fun and Games

**St Thomas of Canterbury Primary School** has been trialing lunchtime clubs. This has been well received by pupils who can choose to play board games or develop their creative skills! This provision helps pupils to make choices on how to use their time and develop their resilience. The older children have the opportunity to be responsible by stepping up to support younger pupils.

## Promoting Awareness

In December, **Raynes Park High School** had two members of staff attend the staff mental health awareness training and have used this training to deliver an INSET to all staff on how we can support mental health and wellbeing as part of our school vision and how everyone plays a part in this. In January three members of staff trained at the Ursuline as Youth mental health first aiders. Staff members have also attended the Merton Citizens talks with local MPs with Wimbledon College to talk about how they intend to support mental health in schools if elected. They have dedicated a school house to promoting positive emotional wellbeing in school.

## Worry Ninjas

**The Education Wellbeing Service** has been delivering the Worry Ninja Workshop series which focusses on understanding worry and developing coping strategies for worry. The workshops are offered to all Trailblazer primary schools parents and year 6 students. In Jan and Feb 2020 11 parent workshops and 24 year 6 classes will receive the workshop. "...coming in I didn't know what to expect, I wasn't sure if this would actually help me ...but (now) I feel better than I have ever felt in my life". Student

At **St John Fisher RC Primary School** a Year 6 student said "It has helped us to get over some fears. It has been very useful in helping us to control our emotions. We are very grateful to Caroline and Catalina because they have taught us how to be Worry Ninjas. We have enjoyed all of three 'training' sessions because they were fun and interactive! Some of the common fears in Year 6 are: High school, SATS and spiders! But they have taught us how to get over them!"



South West London and St George's  
Mental Health NHS Trust

