

The wellbeing newsletter

THE DIGITAL NEWSPAPER



Breaking news
CATHERINE BARBER
JOINS THE WELLBEING
STEERING GROUP



WANTED STILL

We are still looking for representation on the well-being steer strategy group from Harrop and Girma. We meet once a half term for an hour after school, usually 15.00-16.30pm, Overtime will be paid and we would really appreciate your help.

ALWAYS REMEMBER
THRIVE

Remember to have a go at responding to the students using the vital relational functions. **Attune and Validate** 'Its Ok to feel... **Contain** 'It's not ok to....'
Regulate/calm and sooth

The scoop of the year

Staff wellbeing day

BY RACHEL BLACKBURN



Thank you to all of you who helped organise the staff well-being day. We are looking to do every 2 years. We feel it is important to balance the need to come together as a group and enjoy these days as well as manage our own wellbeing and workloads.

We hope it was enjoyed. We surveyed people anonymously, and I wanted to share positive words with you, as the feedback was appreciated.

"Fun"
"Enjoyable"
"Relaxing"
"Great treat"
"imaginative"
"Social"

We also took some constructive feedback on board about how we can improve.

We are pleased you enjoyed the note ideas at the end of the time but many people wanted to have prior notice of this so they could say all the things they wanted to say.

Also, would be nice for all employees to be part of it, who weren't able to attend

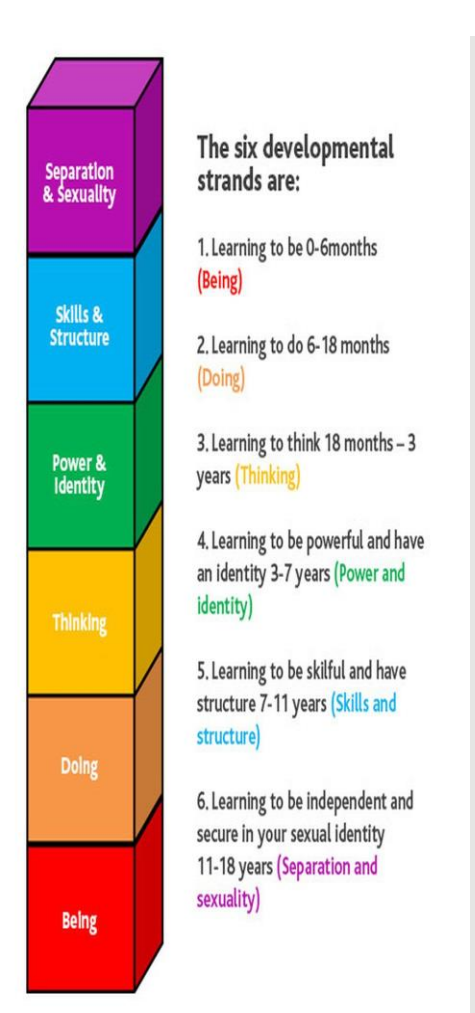
Special thanks to the staff who helped organise and plan the activities. But Paul, Lynne, and Jane, who kept us well fed and watered. The buffet was wonderful.

When we plan this next time, we will ask you for your ideas on what you would like to do.

Special thanks

Maisie Keighley has put herself forward to support with any LGBTQ+ work we will be undertaking in school to ensure our practice is up to date and inclusive.

We are also excited to announce that we are in the process of onboarding a therapist to help us with our gender practice in school, from policy creation, 1-1 therapy with pupils, training and much more. Watch this space.



Resilience Framework (Children & Young People) Oct 2015 – adapted from Hart & Blincow 2007 www.boingboing.org.uk					
	BASICS	BELONGING	LEARNING	COPING	CORE SELF
SPECIFIC APPROACHES	Good enough housing	Find somewhere for the child/YP to belong	Make school/college life work as well as possible	Understanding boundaries and keeping within them	Instil a sense of hope
	Enough money to live	Help child/YP understand their place in the world		Being brave	Support the child/YP to understand other people's feelings
		Tap into good influences	Engage mentors for children/YP	Solving problems	
	Being safe	Keep relationships going		Putting on rose-tinted glasses	Help the child/YP to know her/himself
	Access & transport	The more healthy relationships the better	Map out career or life plan	Fostering their interests	
		Take what you can from relationships where there is some hope		Calming down & self-soothing	Help the child/YP take responsibility for her/himself
	Healthy diet	Get together people the child/YP can count on	Help the child/YP to organise her/himself	Remember tomorrow is another day	
	Exercise and fresh air	Responsibilities & obligations		Highlight achievements	Lean on others when necessary
		Focus on good times and places	Have a laugh		There are tried and tested treatments for specific problems, use them
	Enough sleep	Make sense of where child/YP has come from	Develop life skills		
	Play & leisure	Predict a good experience of someone or something new			
	Being free from prejudice & discrimination	Make friends and mix with other children/YPs			
NOBLE TRUTHS					
ACCEPTING		CONSERVING	COMMITMENT	ENLISTING	

Boing Boing resilience framework

Boing Boing Useful Link

In a previous email I mentioned “boing boing” and it is definitely worth taking a look. There are lots of classroom resources and interesting articles that may help with pupils who may struggle. There are useful contacts for our young people and the framework reminds me a lot of Thrive in the way pupils develop resilience.

There is even a resilience online forum, Link below

[Accessing the online Resilience Forum - Boingboing](#)

You can navigate the website easily and there are always new blogs and information available.

For anyone who is concerned about self-harm for our pupils don’t forget we have the self-harm and suicidal ideation flow chart and risk assessment in place in the staff admin drive under mental health. If you are unsure about any of this please ask!!

If you have any concerns about your own mental health, don’t forget you can always approach Sarah Nicholls or Rachel Blackburn to chat things through and for additional signposting. Sarah’s usual working pattern is Tuesday-Friday. Rachel works on a shift pattern so is here some evenings due to residential care shifts.

Other members of the school's mental health steering group:

- Emma Fowler
- Kate Pirie
- Kate Adams
- Emma Hodgkinson
- Bobbie Ramsden
- Nicola Slorach
- Elizabeth Pike

Every term we will also ask a pupil to join for feedback. So far, Emily and Eoin from sixth form have helped with feedback.



WHAT IS WRAP? A GUIDE TO KEEPING PUPILS WELL



You may have heard some of us talking about WRAP and pupils who require additional interventions. WRAP quite simply stands for wellbeing recovery action plan.

Wellness Recovery Action Plan (WRAP) was created by Mary Ellen Copeland, an author, educator and mental health recovery advocate in the USA.

“WRAP is a tool that can aid an individual’s recovery and its underpinning principles support the recovery approach. WRAP is a way of monitoring wellness, times of being less well and times when experiences are uncomfortable and distressing. It also includes details of how an individual would like others to support them at these different times.”

WRAP has five key principles:

1. Hope: people who experience mental health difficulties get well, stay well and go on to meet their life dreams and goals.

2. Personal responsibility: it’s up to you, with the assistance of others, to take action and do what needs to be done to keep yourself well.

3. Education: learning all you can about what you are experiencing so you can make good decisions about all aspects of your life.

4. Self advocacy: effectively reaching out to others so that you can get what it is that you need, want and deserve to support your wellness and recovery.

5. Support: while working toward your wellness is up to you, receiving support from others, and giving support to others, will help you feel better and enhance the quality of your life.



Picture Caption: To make your document look professionally produced, Word provides header, footer, cover page, and text box designs that complement each other.

Don't forget there is always Jasper!!

Fast becoming our favourite furry friend.

We know the calming influence a dog can have on pupils with additional needs. In fact, we know the positive impact animals have on us generally. Jasper has been coming in to care to get used to the surroundings and spending time with the pupils as well as branching out into school meetings. He is not ready to take the minutes yet but in time, you never know.

Pupils have enjoyed playing ball with Jasper and having cuddles and walks. He is a lovely dog and very well-behaved. We love having him and it really is positive to see our children and young people get the sensory feedback from Jazz as well as bringing out their nurturing and caring sides.

Lottie and Eoin- are our in-house dog experts!!!

ADVICE LINES FOR STAFF

Do you need support?

We have sent these out before but it is important that you have these contacts to hand should you or someone close to you need that support.
Domestic Abuse (Refuge) Freephone 08082000247
<https://www.nationaldahelpline.org.uk/>

Samaritans can be contacted by telephone, letter, e-mail and mini-com. There is also a face-to-face service, available at their local branches. They are open 24 hours a day, every day of the year.

Website: www.samaritans.org,
Telephone 116 123

Sane Line
Telephone: 0300 304 7000
(4:30pm – 10:30pm every evening)
Textcare: [www.sane.org.uk/what we do/support/textcare](http://www.sane.org.uk/what_we_do/support/textcare)
Support Forum: [www.sane.org.uk/what we do/support/supportforum](http://www.sane.org.uk/what_we_do/support/supportforum)
Website: www.sane.org.uk

Mind
Infoline:03001233393
Email- info@mind.org

