

WBHS Wellbeing Initiatives 2019/2020



30 DAY CHALLENGE
30 day wellbeing challenge to introduce healthy habits.

Creating a wellbeing culture and focus on wider life.

Aim - to try new activities to boost resilience.

Incentive/treat for those who 'complete' the challenge.

Shared with parents also.

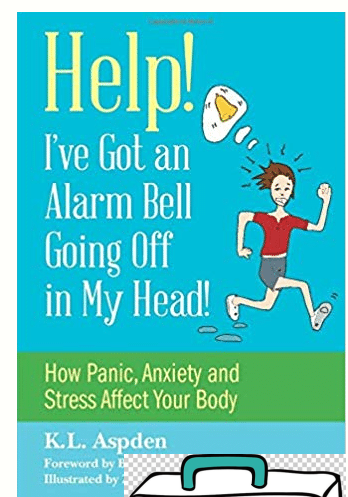
WELLBEING FIRST AID KITS

Wellbeing 'first aid kits' for all year teams, pastoral teams and medical room.

Sensory and creative items to help calm anxious students (squishy balls, play doh, colouring in).

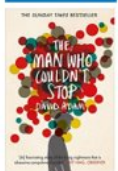
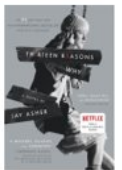
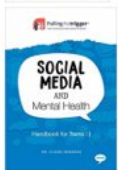
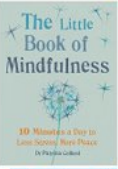
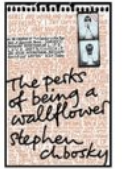
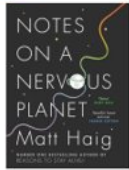
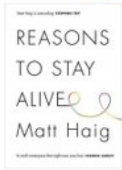
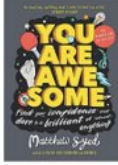
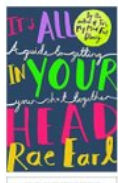
Mindfulness cards and breathing techniques to ground students and help them back into the classroom environment quicker.

Books for older students to help them understand fight/flight.



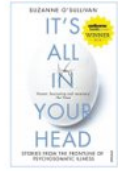


16
YA Mental Health Books
You NEED to Read!



All available in your library.
See staff for more recommendations.

Please turn over for more information on all these books.



SELF HELP LIBRARY

New books and self help guides available for staff and students in the library.

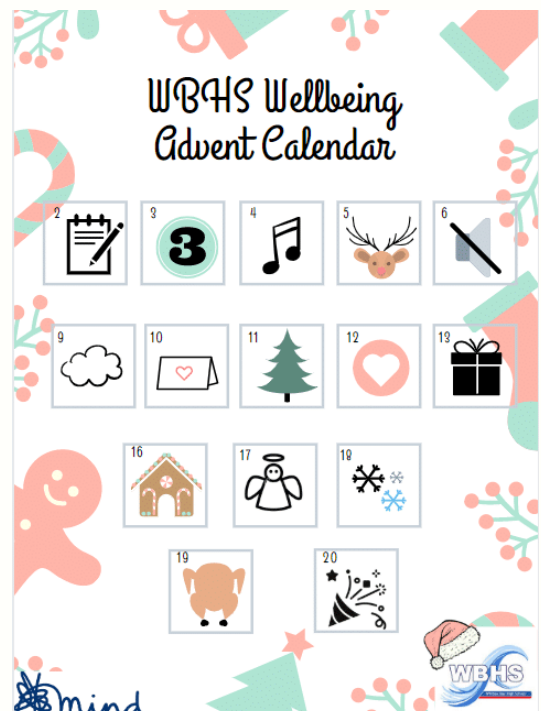
Frequently advertised during assemblies and tutorials.

ALTERNATIVE ADVENT

Daily email wellbeing tip for the lead up to Christmas holidays.

Includes practical strategies, apps, websites, general advice on how to manage stress at this time of year.

Themes around thankfulness, kindness, self help, confidence.



STAFF WELLBEING



Staff wellbeing challenge similar to students - launched in early Sept. Focus on work/life balance



Working group to assess current provision, training gaps and influence future strategy.



'Happy Monday' weekly email initiative - wellbeing and self care focussed.