Some of the text ‘chat’ from Session 1 (11.11.20)

**Mental Health resources being used in schools. What’s working?**

* Assemblies and Place2Be resources
* Oracy project linked to wellbeing
* A number of schools using Jigsaw PSHE resources
* Dan Seigal’s book – whole brain child
* MindUp resources
* Wellbeing days
* Whole school approach to Zones of Regulation; Zones of Regulation mentioned
* PSHE Recovery from lockdown curriculum to signpost students where to get support.
* 5 ways to wellbeing as a whole school approach
* Reflection time at the end of each day.
* Worry box with children’s photos – pop their photo in the box if they want to share something on their mind
* Feelings wall – move your picture onto what you’re feeling, teacher will catch up with you

**Staff wellbeing. What’s working?**

* Staff wellbeing buddy system, to check in with each other
* Feelgood fairy – a bag with a message and a gift is placed on someone’s desk and then they choose someone to give the bad to with a card and gift.
* Shout out to staff board, where we put a thank you message to someone if they have helped with something.
* Meetings arranged during school day as much as possible
* Access to school therapist / school mentor / psychologist
* Wellbeing days – time to talk
* Advice around boundary setting; WhatsApp hours, email hours
* Adult paint by numbers.
* Prior to most recent lockdown we have staff sports - socially distanced. Friday evenings - starts the weekend off with some endorphins
* We have a wellbeing committee, guardian angel. Currently planning Secret Santa, virtual Xmas quiz!
* Staff wellbeing newsletter each term, plus mental health first aiders for staff to access
* Weekly staff flyer and staff nominate each other for a virtual bunch of flowers and birthdays are recognised and also extra effort is recognised
* 1/2 day Xmas shopping day!

**Parental wellbeing. What’s working?**

* Having at least 2 colleagues who are aware on support within Borough to signpost to
* Texts and phone call chats
* Learning mentor in contact
* Staff at the door each afternoon
* SLT and mentor on playground every morning
* our Early Support link worker is amazing and so useful for running workshops and parental suppor
* Virtual morning teas,
* Survey of their views and feelings
* early help flyers attached to our schools weekly newsletters
* We have been working closely with Early Support to deliver workshops for our parents around various themes such as Managing Feelings, Positive Behaviour and Parent Support and Advice Sessions
* Virtual Curriculum meets, assemblies, consultation evening.
* Our Counselling Service are offering parents a 6 week free online programme on Understanding and Managing Stress and Anxiety
* A Wellbeing Survey for our families to collate information about additional support that they require and were able to then provide personalised support for them