

Wellbeing Newsletter

At the Academy at Shotton Hall we know that it is vital to support our children and their Wellbeing so that they can flourish as young people and set them up for their future lives. Children cannot learn well if they are not physically or emotionally healthy.

We have many ways that we support Wellbeing and we are sharing these with you here.

We also have a parent/ carer meeting on Thursday March 30th at 5.30pm where we will discuss this further and help parents to support their children at this challenging time in their lives. Watch out for an email with more details and how to sign up.

Wellbeing Wednesday

Every Wednesday in Sept time we explore different aspects of Wellbeing. We discuss it under the 5 different headings of:

Connect – how good connections with family and friends help our Wellbeing

Be Active – how this supports our positive Wellbeing

Take notice – we are starting to understand the skills of Mindfulness

Keep Learning – this is great for our confidence and general happiness

Give – not just giving to charity but giving time and thought to others.



Taskmaster Challenge

Each month we are setting our students a Wellbeing Taskmaster.

January – we asked them to take a photo of themselves showing us their New Year's Resolution.

February – we asked for photos of something positive they had experienced.

March – our most recent one is to take a photo of them outside in the open air as it works wonders for our mental health.

There have been lots of entries and prizes are given each month.

How do we support individuals?

We have so much support in place to support with Wellbeing. Firstly, we have had a Wellbeing check with every child in the school. We asked a few questions and made sure that everyone knows who to turn to if they need anyone. Most would turn to their sept tutor or Learning Manager but students can speak to any member of staff they feel comfortable with.

If more support is needed, we have 2 school counsellors, we have an NHS Mental Health nurse and a team of support from "Piece" of Mind who come into school, too. We also have visits from the therapy dogs. These are always very popular.



Clubs

Our fantastic range of after school clubs help us to try new things and Keep Learning.

Wellbeing Working Group

Our Wellbeing Working Group is a group of students who are contributing to how Wellbeing can be promoted in school. What a great set of students they are!

Keep your eyes peeled for our **Happy Newspaper** coming out soon!



North East
Learning Trust