

Wellbeing Newsletter

Welcome to another edition of our Wellbeing Newsletter. I mentioned a few things on here back in March so some of this is a reminder for some of you but it is new info for the families of our Year7s.

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 February 1st. This is looking at Mindfulness for children and adults.

If you would like more information on how to support your child with Wellbeing, don't hesitate to contact Mrs Sharpe (sarah.sharpe@shottonhallacademy.co.uk)

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.

World Mental Health Day

We celebrated World Mental Health Day in style in October. We all wore yellow and lots of students had their faces painted yellow! We raised over £160 in the cake sale for Young Minds, a children's mental health charity.



How do we support individuals?

We have so much support in place to support with Wellbeing.

Firstly, we will be having a Wellbeing check-in with every child in the school. We ask a few questions and make sure that everyone knows who to turn to if they need anyone. Most would turn to their sept tutor or Learning Manager but we want to make sure that all students have 1 member of staff they feel comfortable with.

If more support is needed, we have our own Wellbeing Team, a group of teachers who work one to one with students who would like extra support. We have 2 school counsellors, we also have support from a 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** and **Connect** with others.

One of our clubs is supporting Mindfulness, these are Monday and Thursday break in A29.

We also have an Ethnic Minority Support group which is run by 2 of our student leaders.



North East
Learning Trust