



# Wellbeing Assembly 'Something is Happening' at QPHS

Mrs. Williams  
Wednesday 19<sup>th</sup> May 2021

# QPHS approach to support Mental Health

## Universal – Form Tutor

5 ways to wellbeing

School webpage links to key agencies

In school wellbeing activities

Education – Assembly / Pshce

## Universal – KS Lead

Liaison with:

Form Tutor / Attendance Officer / Home

KS Lead Support Strategies

Groups / Settings

Restorative Justice

Referral for Peer Mentoring (September)

## Targeted

Signposting to ChildLine, Kooth, OnLine Counselling Services

Referral into School Intervention Programmes

(Ms Rigby, Ms Anthony, Ms Z Williams)

Referral into School Nurse

( Lauren )

Referral into School MH Nurse

(Rebecca )

## Specialist Services

Referral into School Counsellor

(Ms Byrne)

## Specialist Services

Referral into Specialist Services

Camhs

Reflect

RASAC

Platform for Life

The Westminster Drug Project

# Stage 1 - Universal

Universal - Form Tutor

Student Concerns Form - Edulink\*

5 ways to wellbeing

Coping Skills Tool Box

24 Science Backed Ways to Feel Happier

Stress Bucket

School webpage links to key agencies, key docs, WAG BLOG/Newspaper

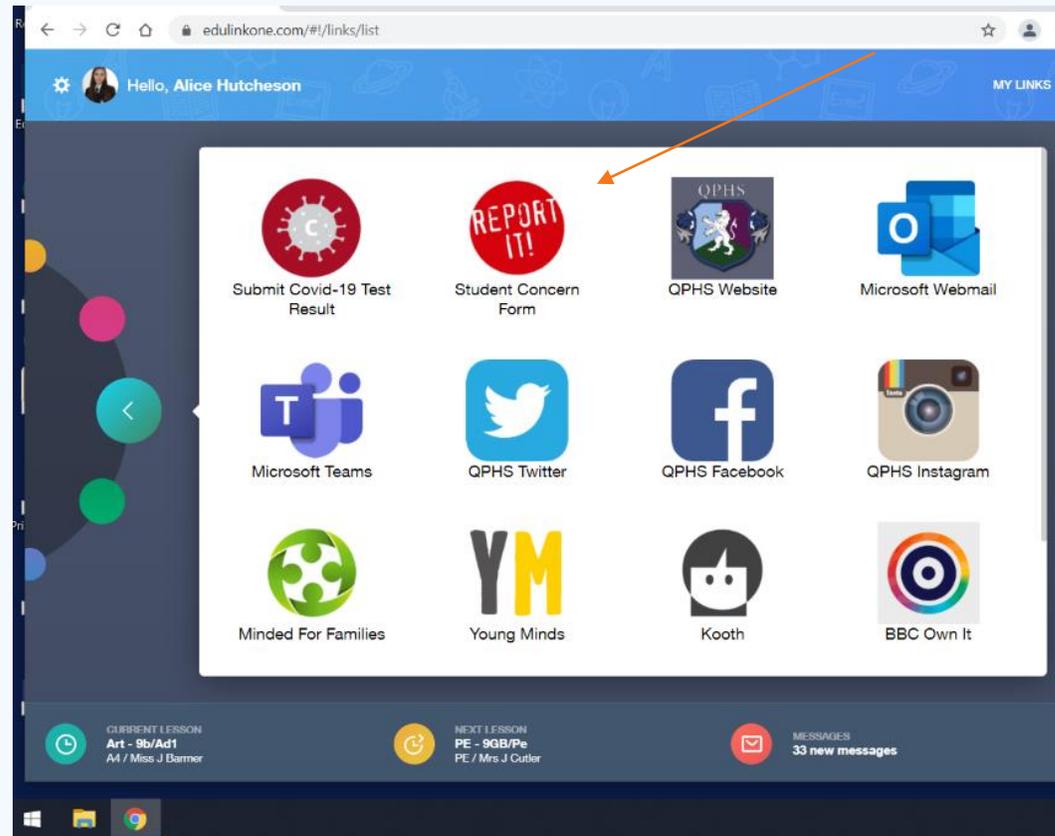
In school wellbeing activities?

W-Space - where - how manned (PMs?) - who - how effective?

Heart Math?

Education - Assembly / Pshce / YEO sessions / Enrichment Day

# Student Concerns Form



# 5 Ways to Wellbeing



# Taking steps towards living well

NHS Trust

A personal guide to Five ways to wellbeing



*Supporting you to live well*

# Coping skills Tool box



People that support you-  
people to connect with

What makes  
you Laugh?



TOP 3 COPING  
TOOLS



#1

1 lesson from  
your pet



Ideal TLC/Soothing  
Evening



#2

Best ways  
to keep active



## 24 Science-Backed Ways to Feel Happier

*If you're happy and you know it, clap your hands!* Even as children, we're taught to recognize and celebrate feelings of happiness—and it's no wonder. Not only is happiness one of the most positive emotions we can experience, but being happy is also the key to a fulfilled, healthy life. Plus, cheeriness is [linked to living longer](#), [how hard we work](#), [physical function](#) as we age, and an [improved immune system](#), among other health benefits.

While some factors that affect happiness might be outside of our control (such as genetics or certain life circumstances), there are always actions we can take to [amp up our own good feelings](#). To smile wider, be more satisfied with life, and feel altogether *better*—both in the present and the future—try introducing any (or all!) of these practices into your life.

**1. Spend time outside.** Enjoying time al fresco is a great way to put some pep back in your step. Living near green spaces is [associated](#) with better mental health, and even just [looking](#) at images of nature scenes can stimulate the parts of your brain associated with happiness, positivity, and emotional stability. Plus, spending time in the great outdoors exposes us to sunlight, which can help our bodies produce vitamin D. Since low levels of the nutrient have been [linked to depression](#), soaking up a little bit of sun (we're talking just 15 minutes per day) may lift your spirits both in the present and over the long term. Just make sure to slather on some sunscreen!

**2. Sweat it out.** We're obviously big fans of exercise in general, but making time for a regular fitness session does more than just sculpt a strong physique. While getting your sweat on may not *cause* happiness, it can certainly [contribute to it](#). Physical activity helps our bodies produce disease-fighting proteins—called [antibodies](#)—and our brains release endorphins. While antibodies boost happiness by keeping illness at bay, [endorphins](#) are feel-good chemicals that improve your mood while promoting feelings of euphoria. To top it all off, research suggests that regular activity may lead to lasting happiness. So it's safe to say your gym membership pays off—physically and mentally—in the long run.

# The Stress Bucket

Queen's Park High S x | RD Web Access x | Email - Sarah Willia x | Student - CPOMS x | the stress bucket m x | Everyone has a stre x | +

rootsofchange.co.uk/blog/stress-bucket/

Apps | Files - OneDrive | Page Not Found - b... | Standardised scores... | drayton digistat 3 y... | Latest News - Flints... | News - Literacy rep... | Inclusion Teacher C... | Reading list

Roots of Change | Welcome | About | Services | Info | Blog | Contact

## How to manage stress - stress bucket model

Stress flows into the bucket

**STRESS**

Vulnerability = size of the bucket

If the bucket overflows, mental health problems develop

Good coping = tap working - lets stress out  
Not coping = tap not working - water fills the bucket and over-flows

\*source: Brabon & Turkington 2002

Mind in Haringey | UpSkill | ©2018 www.upskillpeople.com

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18/05/2021



# QUEEN'S PARK HIGH SCHOOL

*Inspiring Individuals • Empowering Minds • Defining Futures*

- HOME
- ABOUT US
- NEWS & EVENTS
- PARENTS
- STUDENTS
- CURRICULUM
- SIXTH FORM
- COMMUNITY
- CONTACT US



## Our Team



Mrs Sarah Williams  
Senior Mental Health Lead



Ms Byrne  
School Counsellor



Mrs Zoe Williams  
Emotional Wellbeing Manager



## Wellbeing Action Group

Our Wellbeing Action Group is made up of representative members from each of the relevant parties:

- Students (one from each year group)
- Teaching & Support Staff



# Helpful Organisations

There's a lot going on for young people right now, so we wanted to share with you a few things that might be helpful if you are struggling. Please find below a list of organisations you could get in touch with if you are feeling overwhelmed or anxious:

**Kooth**  
Healthy Young Minds



Kooth is an online mental wellbeing community offering free, safe and anonymous on line chat and emotional wellbeing service for young people aged 11-24 years.  
If you need to talk they are online until 10pm everyday.

**Young Minds**



Young Minds is a charity which focuses on young people's mental health and emotional well-being.  
The [website](#) includes downloadable information leaflets on a range of topics, including self-harm, aimed at both young people and adults.

**Every Mind Matters**



Having good mental health helps us relax more, achieve more and enjoy our lives more.  
There are simple things we can all do to look after our mental health and well-being with expert advice and practical tips, so get in touch today.

**Childline**



Childline provides support to young people who have concerns about themselves or their friends. The trained listeners will never break confidentiality or judge. They are available 24 hours a day, every day of the year.  
Call them on 0800 11 11 or talk to them online at [www.childline.org](http://www.childline.org).

DISCOVER  
**kooth**  
EVENTBRITE FOR  
PARENTS AND CARERS



Kooth.com is commissioned for young people across Cheshire between the ages of 11-18\*. Kooth.com provides anonymous and personalised mental health support through self-help resources, peer forums and one to one text based counselling chats.

This Eventbrite session delivered by the Kooth Engagement Leads will include a presentation on all key points about the service, a live tour of the Kooth.com site and an opportunity ask any questions you have about the service.

To book on to the FREE session or to find out more, please follow the below links for your preferred date:

**Wednesday 9th June – 4pm-5pm**

<https://www.eventbrite.co.uk/e/152674035149>

**Tuesday 22nd June – 11am-12pm**

Kooth is a FREE, anonymous, confidential, safe, online Wellbeing service, offering professional support, information, and forums for children and young people.

Access 365 days a year to counsellors who are available from:  
**12 noon-10pm** Monday- Friday  
**6pm-10pm** Saturday and Sunday

Log on through **mobile, laptop** and **tablet**.

\*Kooth is commissioned for young people in:

- Warrington 11-18
- Cheshire (East + West) 11-18

Or contact [sreddrop@kooth.com](mailto:sreddrop@kooth.com) for more information

Need help? Call our helpline...

5pm-midnight,  
365 days a year

NATIONWIDE  
**0800 58 58 58**

USE  
**WEBCHAT**

...or find **help online** here

**CALM**

**GET SUPPORT**

**GET INVOLVED**

**DONATE**

**FUNDRAISE**

**ABOUT**



SEARCH

**JOIN CALM**



**CALM Helpline: There is nothing you can't talk about**





GET HELP

LATEST

GET INVOLVED

ABOUT US



# Get help

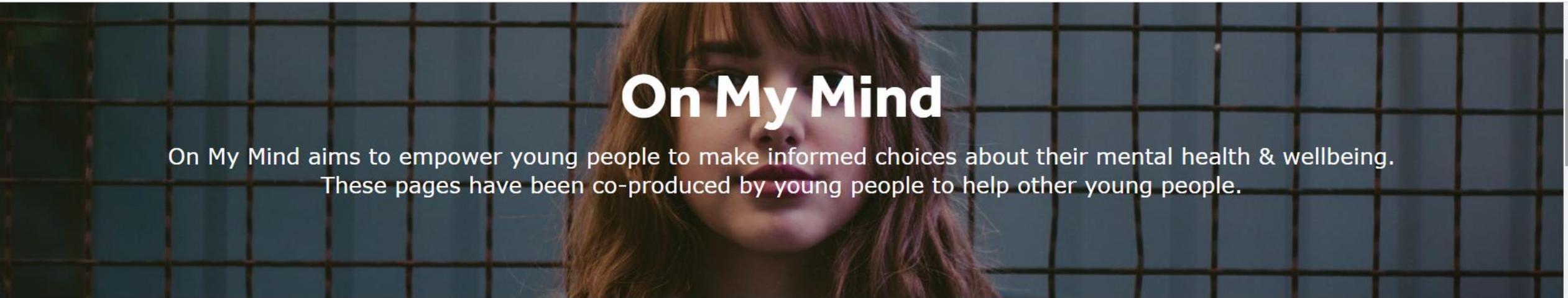
If you are struggling to cope and need to talk, our trained Shout Volunteers are here for you, day or night.

If your life is at imminent risk, please call 999 for immediate help.

Shout 85258 is a free, confidential, anonymous text support service. You can text from wherever you are in the UK.

TEXT US





# On My Mind

On My Mind aims to empower young people to make informed choices about their mental health & wellbeing. These pages have been co-produced by young people to help other young people.

About

Coronavirus support

Resources

Get Involved

LEAVE THIS PAGE!

URGENT HELP!

### Youth Wellbeing Directory

Find support from services local to you

### AFC Crisis Messenger

24/7 text support for young people across the UK

# NEED TO TALK?



## Get support

We're here for you on the phone or online. Or try getting support from other young people on our message boards.



## Contacting Childline

Call us free on 0800 1111 or find out how to get in touch online. Whatever your worry, we're here for you.



## Message boards

Share your experiences, have fun and get support from other young people in similar situations.



## About Childline

Find out who we are, what we do - and how we can help you.

HIDE PAGE  
SAVE PAGE  
i

# WATCH VIDEOS

[HELP I'M IN CRISIS](#)

[SIGN ME UP](#)



ALUMINA

**FREE ONLINE SELF-HARM SUPPORT FOR 14-19'S**

PREVIOUSLY **selfharm**<sup>UK</sup>

NHS healthcare professionals with lots of specialist experience in working with children and young people.

The Online Chat Service can be accessed in addition to monthly High School drop-in sessions delivered by the team within school; whilst also supporting the current COVID-19 situation with school closures, where young people are unable to seek support from trusted adults in school.

When a young person accesses Starting Well Online Chat, the chats will take place with a Public Health Nurse.

Young people can access support for a variety of reasons including:

- Anxiety, Low Mood and Self-harm.
- General Health and Wellbeing Advice.

**11 to 19 Online Chat Times**  
 You can complete and submit the online form at anytime.

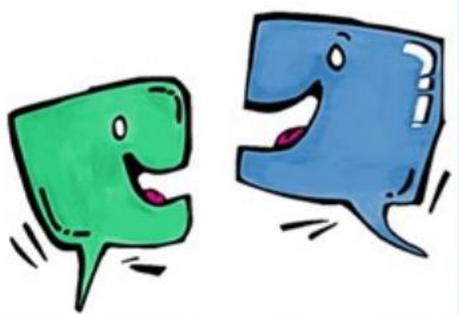
The team are available to help you:

**Monday**  
 9.30am - 4.30pm

**Thursday**  
 9.30am - 7.30pm

Online Chat is not available on Bank Holidays.

**Please remember to check your spam folder if you do not see a reply in your Inbox.**



**11 to 19 Online Chat**  
 Currently unavailable





## Our Helpline Services

We're here for you if you or someone you love is suffering from an eating disorder or experiencing symptoms. Contact us online or by phone 365 days a year, and we offer online support groups to ensure you're not alone.

[FIND HELP NOW](#) ▶



## What Are Eating Disorders?

Eating disorders are serious mental illness that can affect anyone of any age at any time. They often thrive in secrecy so it is important to spot symptoms and get professional help as soon as possible.

[FIND OUT MORE](#) ▶



## Solace - Online Peer Support

Solace is our new, free video-based peer support group hosted over Zoom. It's for anyone supporting somebody with an eating disorder.



## Eating Disorders and Coronavirus

Coronavirus is understandably causing a lot of stress and anxiety, and we know that things may feel very uncertain right now.



Donate now



Contact a Samaritan

How we can help

Support us

Search our website

# We're waiting for your call

Whatever you're going through, a Samaritan will face it with you. We're here 24 hours a day, 365 days a year.



## Call 116 123 for free

[Other ways you can get in touch](#)





English ▾



HOPELINEUK >>  
0800 068 41 41



SPOT THE SIGNS.  
FIND OUT HOW TO  
TALK OPENLY ABOUT  
SUICIDE  
SPOT THE SIGNS

HOPELINK Safety Plan

Donate



Need help?



- Find Help
- Get Urgent Help
- Feelings and Symptoms
- Conditions
- Looking After Yourself
- Your Guide To Support
- Medications
- For Parents

Get Involved

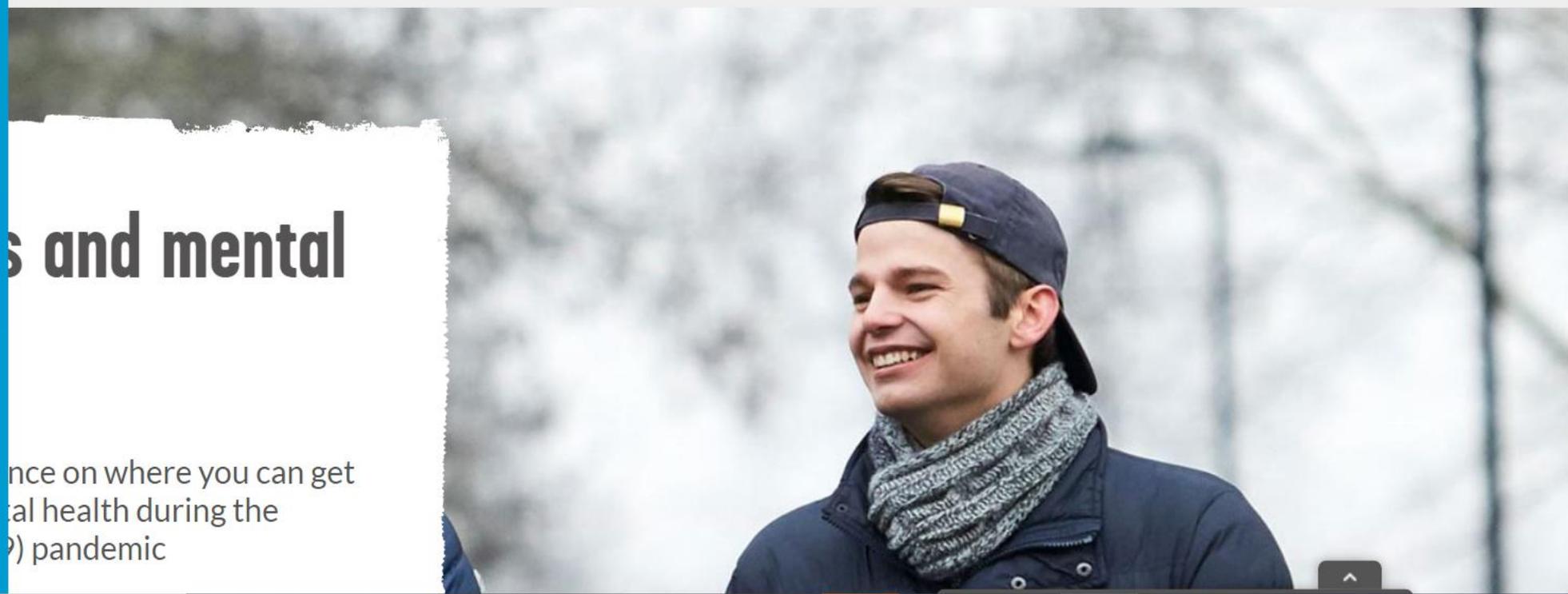
For Professionals

SEARCH

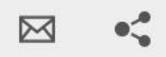
Parents Helpline

Donate

Home / Looking after yourself / Coronavirus and mental health



You are here: Home / Find help / For parents / Parents Helpline



# Parents Helpline

We offer three different services to parents and carers who are concerned about their child's mental health, up to the age of 25. Here, you can find out more about our Parents Helpline, Email Service and Webchat.

- [Parents Helpline](#)
- [Parents Webchat and Email Service](#)
- [Using our Parents Helpline services](#)

# Coronavirus (COVID-19)

[Get the latest advice about COVID-19](#)

**Better Health** every mind matters



- Coronavirus
- Wellbeing tips
- Mental health issues
- Life's challenges
- Supporting others
- Urgent support**



[Home](#) > [Every Mind Matters](#)



# ACTION FOR HAPPINESS



FOLLOW US ON &

HOW 10 KEYS GROUPS EVENTS CAFES CALENDARS SCHOOLS APP

SEARCH

## Keep Calm. Stay Wise. Be Kind

Join the movement. Be the change

THE MOVEMENT IS GROWING  
**267142 FROM 190 COUNTRIES**  
 JOIN US



### Action for Happiness helps people take action for a happier and kinder world

Let's take action to look after ourselves and each other as we face this global crisis. We may be physically apart, but we can still be together.

- > Try our free [10 Days of Happiness](#) program
- > Join our [events with inspiring speakers](#)

**This month's theme:** [Meaningful May](#)



# In School Wellbeing Activities What - When - Who?



# Laughter club....



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# *Outdoor Wellbeing Space*

- *Who would use it?*
- *How would they use it? When?*
- *Who would support?*

# Education:

The workshop will be delivered by an internationally renowned psychologist and positivity coach, Frederika Roberts, who has recently worked with SLTs across CWAC through the mental house organisation, Chapter House.

Circle of anxiety – fight/flight/freeze

Reversing the cycle

Gratitude

Strengths spotting // 7 new ways in 7 days

(7 ways you are going to actively use your strengths)

## What is peer support?

## Definition of peer support

*“Using the knowledge, skills and experience of children and young people in a planned and structured way to understand, support, inform and help develop the skills, understanding, confidence and self-awareness of other children and young people with whom they have something in common”*

## What is peer support?

Core components of peer support;

- CYP helping and supporting each other.
- This support is offered in a planned and structured way.
- The supporters are trained to fulfil their role

## Examples of peer support programmes

- One to One -this might include drop-in support or targeted interventions with a referral scheme.
- Group based -this might be for a targeted group or peer-led teaching for a whole class/assembly.
- Training based programmes - these involve skilling up CYP to provide training and sharing of expertise across their school or community setting.
- Community based programmes - such as developing peer support within youth group settings.
- Online support -through websites and apps for more immediate and accessible peer support.

# Wellbeing Action Group

- Wellbeing Action Group \_ Assembly Room - All Welcome!
- 3.10pm. Thursday 20<sup>th</sup> May.
- Allocation of tasks
- Heart Math
- Enrichment week: Mindfulness - photography
- Peer Mentoring