

Rockmount's Health & Wellbeing Spring 2019

Wellbeing Award for Schools.

We are pleased to announce that Rockmount has successfully achieved the Wellbeing Award for Schools. Thank you to our whole school community for your support in helping us to achieve this great accomplishment. The award assessor was particularly impressed with the high importance placed on wellbeing and mental health which was visible throughout the school. Our wellbeing areas were particularly commented on, as each classroom demonstrated how pupils and staff have taken ownership and responsibility for wellbeing and mental health.

Wellbeing areas

We were very excited to have our Wellbeing areas featured in YoungMind's 'Showcase your School.' Every classroom and After School Club have a quiet area in the room equipped with calming resources, designed to help



children relax. It has become a positive, safe place for children to take time out in order to regulate their emotions. We have worked very hard to ensure children feel comfortable talking about their emotions. Each week classes have a wellbeing circle time which focuses on exploring emotions and developing strategies to support them when they need it. Currently, we have a whole school focus on Resilience: the ability to bounce back/ bounce forward through tough times. There are also opportunities for children to discuss concerns anonymously as each class have their own Worry Monster or Concerns Box.

Health & Wellbeing Ambassadors

We have appointed 12 new Health and Wellbeing Ambassadors across the school. They have been meeting weekly to discuss ideas of how they can help to improve the mental health and wellbeing of all, especially their classmates. They have truly taken on this responsibility and have been giving feedback to their classes following their meetings. As well as supporting their classes during circle times, the ambassadors sold various wellbeing resources during the Mental Health Week showcase.



During Healthy Eating Week, the ambassadors will be supporting our school community to understand the importance of sleep. They will be using this opportunity to fund raise for their own training by having a Pyjama Day. More information about Healthy Eating Week will be sent out soon. Look out for the Wellbeing Ambassadors at the Summer Fair where they will be sharing wellbeing information and selling wellbeing items.

Parent Workshops

Zoe Barkham, Croydon's Health and Wellbeing Improvement Officer, has been working with us to promote positive mental health. Last term, she offered training to staff and parents, which focused on anxiety and building resilience. The feedback from these sessions were very positive as parents were able to take away practical ideas they can use at home. If you missed this workshop, Zoe will be back on the 18th June at 5pm. More information will be sent out soon.

Over the last year, we've had yoga classes throughout the school. During Mental Health Week, Year 1 Parents had the opportunity to join their child's yoga lessons. Parents found the sessions relaxing and calming and were amazed at how the use of storytelling was incorporated. Please have a look on the Wellbeing section of our website for more information and resources that you may find useful to support your child's wellbeing at home.



Listening Ear

In addition to the support that staff provide in class, our pupils are also fortunate to have Annette, our school Learning Mentor. Annette works across the school to be a listening ear and supports many children and families. On a daily basis, she provides support such as Lego Therapy, group problem solving and social skills. These sessions have had a positive impact on the wellbeing of all our pupils and the results are evident.

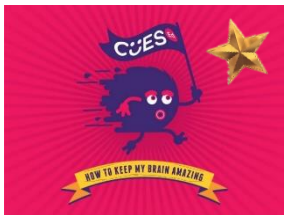


Magic Breakfast

We are continuing to enjoy our daily bagels every morning in class. The bagels are provided by the National School Breakfast Programme (NSBP), which is funded by the Government and delivered by the charities Family Action and Magic Breakfast. The aim of the magic breakfast is to ensure that no child starts the school day feeling hungry. We have started to notice some of the benefits of offering part of a breakfast in school such as a positive impact on punctuality, quieter starts to the morning and improved concentration to ensure that children are ready for a day's learning.

Healthy Eating Workshops

We have offered two practical workshops conducted by parents who have worked with the school to support our focus on food and wellbeing. The first workshop, organised by Fabrizio (our school governor) focused on providing parents/carers with information about healthy eating and what it means for a child. He also shared some quick and easy recipe ideas for parents to use at home with their child to create some tasty, nutritional food. The second workshop, run by Karine focused on food and the impact it has on our mood. The group discussed foods that affect mental health both positively and negatively and shared some simple tips to encourage children to eat healthily. Finally, the group created some energy balls following one of Karine's recipes. Please look at the food section of the school website for the handouts/recipes from both sessions.



Cues ED

Cues Ed has been instrumental in providing their programme of wellbeing work across year 4. The pupils have benefitted immensely. They have learnt how to notice the signs when things are not right and that there are practical things they can do to manage life's ups and downs both at home and in school. We are fortunate that Cues Ed are continuing its work with our Year 5 and look forward to the dividends it will pay for our pupils in the upcoming year. On Wednesday 1st May, Karen and her colleague Christine from Cues Ed got the opportunity to showcase the work they've been doing with year 4 to the parents. The children completed a great deal of work and this was reflected in their presentations. The parents were very impressed and their feedback was extremely positive.

British Nutrition Foundation Week

We are looking forward to participating in BNF Healthy Eating Week running from 10th June – 15th June. BNF week is a week dedicated in the year to focus on healthy eating and drinking, physical activity and to celebrate healthy living. We have many exciting activities planned throughout the week to support the 5 challenges: Have Breakfast, Have 5 -A -DAY, Drink Plenty, Get Active and Sleep Well

Thank you to everyone who took part in the Skip 2B fit sponsored skip. We raised an incredible £767. All donations went to the charity Scope and our learning kitchen.

Plans for the Future

Now that we've achieved the Wellbeing Award for Schools we are very excited to move forward with the same energy, drive and enthusiasm. There will also be opportunities for parents to engage and participate in as well. Please keep updated by looking at the school website for further details.

**Thank You,
Wellbeing Change Team.**

