

"STUDENTS NEED EDUCATION TO INCLUDE HOW TO UNDERSTAND, AND LOOK AFTER, THEIR MENTAL HEALTH - JUST LIKE WE LEARN HOW TO LOOK AFTER OUR PHYSICAL HEALTH."

Sarah Breunau, Chief Executive of YoungMinds

PENNTHORPE

WELLBEING WEEK



21 - 25 FEBRUARY 2022

BE WELL @ PENNTHORPE



Pennthorpe's unique, multi-dimensional, wellbeing and mental health approach puts the wellbeing of the whole community at its centre



Our bespoke wellbeing curriculum is proactive and reactive in design; it gives pupils the tools and experiential outlets to manage their own wellbeing as well as provides access to support mechanisms



Our termly Happiness Survey generates a happiness score for each child, which we track and monitor in order to proactively address worries or concerns at whole school, year group or individual level



We use the 'Girls on Board' approach to empower girls to navigate the choppy waters of friendships for themselves, to consider their role in the dynamics of a friendship fall out, and realise falling out is normal



Each child is supported by a team of super fans, including a Staff Champion, their Tutor and Tutor Group, a Wellbeing Guardian, Pupil Wellbeing Ambassadors, and nominated buddies for peer support

“THE SKILLS OF BECOMING HAPPY TURN OUT TO BE ALMOST ENTIRELY DIFFERENT FROM THE SKILLS OF NOT BEING SAD, NOT BEING ANXIOUS, OR NOT BEING ANGRY.”

Martin Seligman - psychologist, educator and author

EARLY BIRD PARENT SESSIONS

each day in the Library 8:30 - 9:30am

Monday



A Journey of Wellbeing

Mrs McGregor, Mrs Evans and Mrs Tusler will talk you through how you can support your child's wellbeing at each stage of their journey

*Tuesday
& Friday*



Make & Take Aromatherapy

Come and hear about the benefits of essential oils for wellbeing and leave with your own blend to take away

Wednesday



Love Languages

Mr Mac will be discussing the value in identifying our own and your family members' 'Love Language' so we can have truly fulfilling relationships

Friday



Emotion Coaching

Dr Gill Talbot will be talking about Emotion Coaching; a parenting technique that helps children understand their feelings. When parents Emotion Coach, their children learn how emotions work and how to react to feelings in healthy ways

FOCUS FOR ALL PUPILS

MONDAY

Meditate & Relax



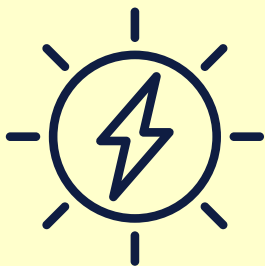
TUESDAY

Talk & Connect



WEDNESDAY

Workout & Energise



FRIDAY

Focus & Flow



“GOOD WELLBEING ON LEAVING SCHOOL HAS A MUCH GREATER IMPACT ON LIFE OUTCOMES THAN EXAM SUCCESS.”

Sarah Breunau, Chief Executive of YoungMinds

PUPIL SESSIONS

Hot Choc & Chat with our
Pupil Wellbeing Ambassadors
in the Octopod
10:30 - 11:00am
Every day

Mindfulness Activities
in the Library
10:30 - 11:00am
Every day

Daily Pennthorpe Pulse
Wellbeing soundbites
Online daily



Food for Mood
in the Dining Room
Every day

Story Time Yoga
for Honey Pot, Beehive
& Reception
Every day

Wellbeing 'Rocks'
For Years 1 - 8
Every day

 *for all pupils*

 *for certain year groups*

FOR STAFF



“YOU CAN ONLY HOPE TO GET A COMBINATION
OF HAPPY WORK AND A HAPPY LIFE”
Audrey Hepburn - Actress and Humanitarian



Reflection



Independence



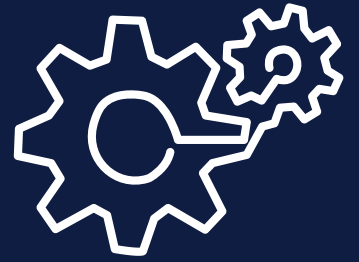
Ambition



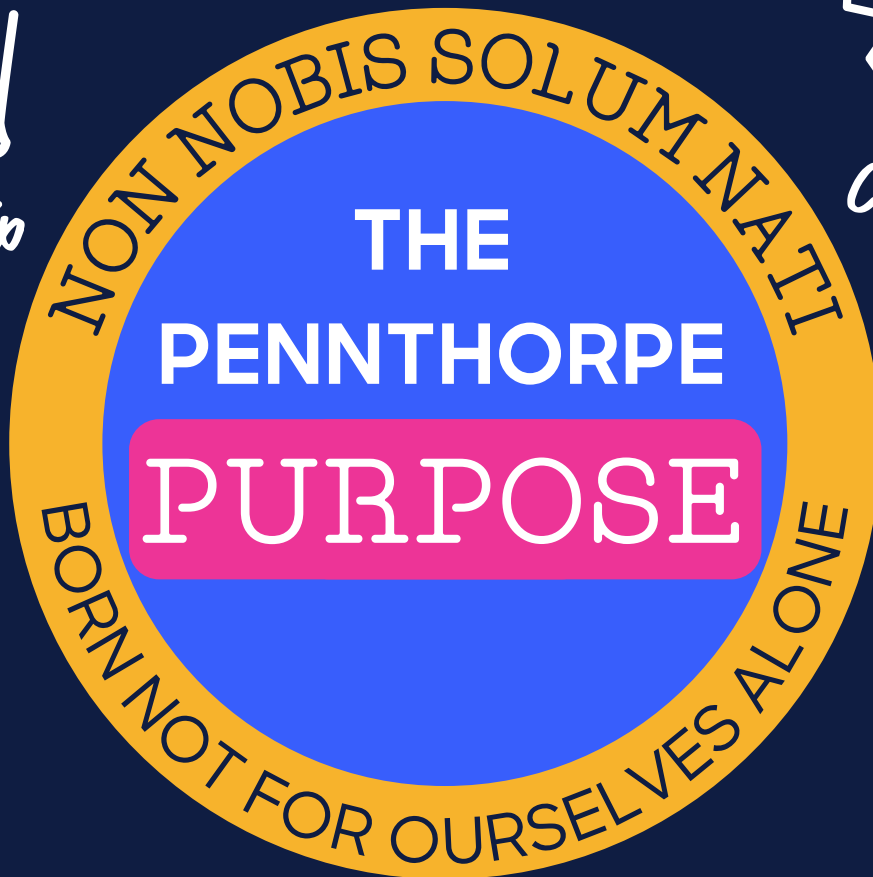
Communication



Leadership



Collaboration



Honesty



Positivity



Tolerance



Resilience



Kindness



Respect

THE IMPACT

94%

of Prep School Pupils whose happiness is above average (as rated by our 'Happiness Tracker')

100%

of pupils successfully passing their Pupil Wellbeing Ambassador Training

100%

of children reporting their coaching sessions have helped them to develop personally

100%

of Year 8 pupils achieving their RISE diploma

“THE RISE PROGRAMME HAS HELPED ME UNDERSTAND HOW IMPORTANT IT IS TO LOOK AFTER MY MENTAL HEALTH AND WELLBEING. I’D NEVER REALLY THOUGHT MUCH ABOUT IT BEFORE.”

Year 7 pupil and world challenger

PENNTHORPE