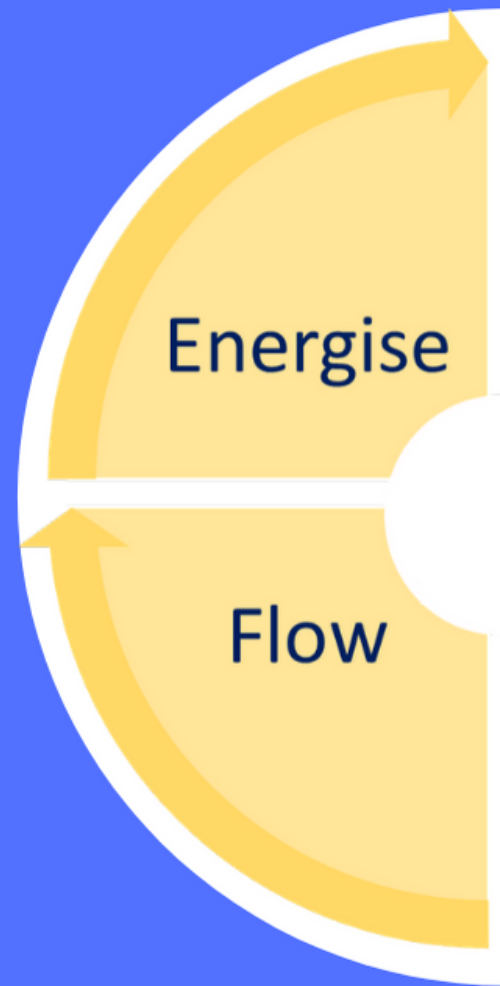


10TH - 14TH FEBRUARY



Pennthorpe Wellbeing Week



Did you know.....

- Pennthorpe has created its own, bespoke wellbeing programme, Roots, Shoots and RISE, to help all pupils flourish and thrive
- All of Pennthorpe's Year 8 pupils are trained as Student wellbeing Ambassadors so they can support the school community
- 30 of Pennthorpe staff members have a qualification in children and young people's mental health
- At Pennthorpe we track and monitor all of our pupils' happiness and welfare with our termly Happiness Tracker and our Welfare survey
- Pennthorpe has qualified counsellors in school to support pupils' mental health and wellbeing
- All pupils in Years 5 – 8 have a personal coach or champion to encourage, counsel and guide them throughout their Pennthorpe journey.
- Each morning at Pennthorpe we do an emotional 'temperature check' with every pupil.



Pupils Wellbeing Week Timetable

When	What	Who	When	Where
Monday	Morning Mindfulness	All	8:30am – 8:45am	Form Rooms
	Hot Choc & Chat	All	10:30am	English Room
	Relaxation Colouring and Music	All	10:30am	Library
	Resilience Workshop	Y3&4	2pm-4pm	Sports Hall
	Resilience Workshop	Y5&6	11am -1pm	Sports Hall
Tuesday	Morning Mindfulness	All	8:30am – 8:45am	Form Rooms
	Hot Choc & Chat	All	10:30am	English Room
	Relaxation Colouring and Music	All	10:30am	Library
	Bigger, Better, Best House Event	All	2:00pm	Sports Hall
Wednesday	Morning Mindfulness	All	8:30am – 8:45am	Form Rooms
	Hot Choc & Chat	All	10:30am	English Room
	Relaxation Colouring and Music	All	10:30am	Library
Thursday	Morning Mindfulness	All	8:30am – 8:45am	Form Rooms
	Hot Choc & Chat	All	10:30am	English Room
	Relaxation Colouring and Music	All	10:30am	Library
	Get Up and Groove - Whole school energise event	All	11:30am – 12:00pm	Sports Hall
Friday	Morning Mindfulness	All	8:30am – 8:45am	Form Rooms
	Hot Choc & Chat	All	10:30am	English Room
	Relaxation Colouring and Music	All	10:30am	Library
	Fun Yoga	YR-2		Pre-Prep Hall
	Team Building Day	Y1-4	All day	Range of locations
	Wellbeing Talk and Yoga taster	Y7	2-2:45	PA Studio
	Wellbeing Talk and Yoga taster	Y8	3-3:45	PA Studio



Staff Wellbeing Week Timetable

When	What	When	Where
Monday	Massage – Book in for a 10 minute massage	12:00pm – 2:00pm	LS Room
	Angels and Mortals	All day	
	CPD Twilight – Building resilience in children	5:30pm – 6:30pm	Chapel
Tuesday	Mood Boosting Singing	8:00am	PA Studio
	Massage – Book in for a 10 minute massage	12:00pm – 2:00pm	LS Room
	Angels and Mortals	All day	
Wednesday	Angels and Mortals	All day	
Thursday	Angels and Mortals	All day	
	Get up and Groove - Whole school energise event	11:30am – 12:00pm	Sports Hall
Friday	Angels and Mortals	All day	
	Staff Social 'Dribbles' - Drinks and nibbles	5:00pm	Staff room



Parent Wellbeing Week Timetable

When	What	When	Where
Monday	<p>Tea & Talk – <i>“Health, Happiness and Emotional Wellbeing in your child’s early years”</i>. This session will be hosted by Mrs Maclean, our Reception teacher and counsellor in training. It will unpick how we support children with transitions through life and help them to gain an understanding of their feelings and emotions through everyday challenges. It will also offer suggestions as to ways we could support them as their role models.</p>	8:30am – 9:30am	Library
Tuesday	<p>Tea & Talk – <i>“Let’s talk about it”</i> A session hosted by our School Mentor, Mrs Vernon, focusing on opening the way to meaningful conversations with your child.</p>	8:30am – 9:30am	Library
	<p>Mood Boosting Singing</p>	8:00am	PA Studio
Wednesday	<p>Tea & Talk – <i>“Mind The Gap”</i>. A session hosted by Mrs Evans for parents of Years 3, 4 & 5 pupils who are wanting to share experiences (the good, the bad and the ugly!), exchange ideas and receive reassurance that they are not alone, plus gain some ‘top tips’ on how to reduce that gap effectively between you and your increasingly independent child.</p>	8:30am – 9:30am	Library
Thursday	<p>Tea & Talk – <i>“Flourishing Families”</i>. A session hosted by Mrs Waller looking at the benefits of positive psychology and how it can be applied to the family context to help children flourish.</p>	8:30am – 9:30am	Library
	<p>Get up and Groove - Whole school energise event</p>	11:30am – 12:00pm	Sports Hall
	<p>Caroline Southerden, integrative psychotherapist – Raising Mentally Healthy children</p>	7:00pm	Pre-Prep Hall
Friday	<p>Tea & Talk – <i>“Parenting the Modern Teen”</i>. A session aimed at parents of pupils in Years 6, 7 & 8, hosted by Mrs Tusler. The session will help with understanding, connecting and communicating with your teen or tween in a disconnected, distracted and digital world.</p>	8:30am – 9:30am	Library



Happiness Tracker

Every term at Pennthorpe we carry out a happiness survey with all pupils in the Prep School. We use the Children's happiness scale which generates a happiness score. We then track this on our happiness tracker so that we can monitor a pupil's happiness over an extended period of time. The analysis of the data allows us to identify any themes for a cohort or across the school, which we are then able to address. Individual pupils who have come out with a lower score will have a Tutorial so we can unpick areas causing them unhappiness or concern.

We strongly believe that happiness and emotional wellbeing should be valued and monitored, just as closely as academic success, and we are committed in our desire to ensure that all of our pupils at Pennthorpe are happy, healthy and flourishing.

Pennthorpe Core Values

The moral framework of the school is defined by a clear set of values which we seek to develop in each member of the school community as values for life. These values are communicated in a variety of ways throughout our daily lives within and without the school. They form the backbone of our half termly chapel themes. During the year those children who demonstrate they hold these values dearest are selected to become the school's newest Citizens.

Our Six Core Values are:

- Respect
- Kindness
- Honesty
- Positivity
- Perseverance
- Tolerance

ROOTS and SHOOTS

The ROOTS and SHOOTS programmes are positive mental health approaches which focus on building positive emotions and self-esteem in pupils.

The ROOTS programme is specifically designed for our Year 3 and 4 children and the SHOOTS programme has been developed for our Year 5 and 6 children.



RISE Programme

At Pennthorpe the happiness and wellbeing of our pupils is at the core of everything we do and we are committed to helping pupils develop the tools to manage their own emotions and cultivate habits that will enable them to live a happy and fulfilling life.

It is well documented that British young people's mental health is deteriorating, with 1 in 4 children having mental health conditions, half of which have developed before the age of 14. Additionally, employers and higher education institutions are finding that young people are leaving school without the critical skills, attitudes and robustness needed for the 21st century. Closer to home we had repeatedly noticed a decline in our pupil's happiness as they moved into Years 7 and 8; linked to them having to navigate more complex social situations and take more responsibility for the choices they made. This was evident in our pastoral interactions, but also in the data we collect in our Happiness Tracker.

We asked ourselves: How could we better equip our children with the skills and attitudes needed to navigate the choppy waters of adolescence and develop within them a mental and emotional robustness to deal with whatever the future throws at them?

In September 2018, we launched a unique, bespoke and aspirational wellbeing programme for Year 7 & 8 pupils, called the RISE Programme. The programme helps the children to develop key skills and attitudes to prepare for their future, specifically:

R – Resilience/Responsibility (Leadership)

I – Intelligence (Analytical, Creative, Emotional)/Interpersonal skills

S – Self-discipline/social responsibility (Local and Global)

E – Emotional Wellbeing (Being happy and confident)

RISE focuses on ensuring our pupils have the mental and emotional robustness to deal with whatever the future throws at them, through:

- **Personal Coaching Champions** – Children have catch-ups once every 2 weeks on a 1-1 basis. The sessions are organic and pupil centred, allowing the pupils to take greater ownership of the choices they make and the direction they take, whilst being held accountable for these choices. This is also a safe and confidential forum to discuss worries and concerns with someone they trust and have built a strong relationship with.
- **Weekly Mentoring Sessions** – In small groups the children discuss and reflect on issues they may encounter and advice will be given by a 'wise guide' on how to handle these e.g. social media, peer pressure, managing failure.
- **RISE Journals** – Pupils record their reflections from the mentoring sessions and complete the '3 good things' exercise at the end of each day to help reframe the mind on what has been positive and increase their happiness and wellbeing. The journal is a tool in its own right as it becomes a reference guide to look back on for a reminder of advice given to tackle situations and also a wellbeing tool to use when they may be having a bad day.

The RISE programme has had a hugely positive impact on the pupils who have undertaken it, evidenced in our pastoral interactions, RISE feedback survey and our Happiness Tracker data, and we are so excited to see it develop.



Shine a Spotlight on Wellbeing

BE WELL AT PENNTHORPE

