

Newsletter / Balliol Parent and Family Wellbeing

Introducing the Change Team



Feedback from Parent Questionnaires

Thank you to everyone who completed the parents wellbeing questionnaire back in February. We have used the feedback from these to highlight our next steps and in the completion of our Wellbeing Award action plan. Below are the common areas identified by the parents.

- Parents to have a better understanding of the school's wellbeing and mental health policy and action plans
- Parents working as part of a wider community to contribute to the school
- More drop in groups and parents group with other parents in child's class
- Working together will support everyone – ways to develop community support

Progress so far...

- Stakeholders have been given opportunity to comment on wellbeing through online questionnaires
- Change Team have met to discuss priorities, action plan is complete and next steps identified.
- Wellbeing packs sent to all staff, pupils and parents during the last lockdown.
- Support for families during lockdown.
- High quality training for staff
- Healthy eating cooking club up and running for Y6 initially.

Support

- CHUMS Transition workshops – support for pupils who are transitioning from Y6 to Secondary school or moving schools. Look out for email if you wish to sign up to these.
- Crisis support Mind – Crisis Cafe is open by appointment only. 01525 722225
- Well Woman Workshop sessions – small informal wellbeing sessions that are encouraging, motivational and have just been a great help to many over the years – contact Mrs Anderson for more information.
- The Net – small group set up to support women who are isolated, new to the area, suffer with anxiety, or have mental health difficulties. Contact julieanderson@graceinthecommunity.com
- Project 229 is a great local venue with lots of information. For more information, contact Beccy@project229.org and or Mrs Anderson, 01234 840880. Small groups are opening up now for adults and children.
- The Art Well – Informal art therapy, supporting people before they meet crisis point, a new initiative based at project 229 to improve mental health through art and talking, again small groups. Contact Mrs Anderson for more info or Marion at theartwellkempston@gmail.com

Wellbeing at Balliol

Wellbeing at Balliol is held at the core of all our values. We strive to promote positive mental health and wellbeing for all our staff, pupils, parents and stakeholders. We recognise the needs and demands in school are ever changing, and are committed to responding to these to ensure the best support for all. We have decided to use the Wellbeing Award as a vehicle to drive this support.

The Change Team

The Change Team have been set up to promote emotional wellbeing and positive mental health across our whole school community. The team comprises of teachers, teaching assistants, support staff, parents, governors and pupils to ensure all voices are heard and represented. The Change Team is led by Mrs Bicknell and the team will be responsible for driving the Wellbeing Award.

Mental Health Awareness Week



It is Mental Health Awareness week this week, the focus is about getting outside into nature, spending time enjoying our natural environments and all they have to offer.

Take a walk in the park, through the woods or by some water, take time to look at your surroundings and listen to the sounds of birds and leaves moving in the breeze. Try growing some things in your garden, window box or get some seedlings underway, to grow your own veg!

The video below is really nice and super to share with children while teaching them the importance of looking after themselves physically and mentally.

<https://www.mentalhealth.org.uk/campaigns/mental-health-awareness-week>

If you can, send in some photos of your adventures in nature – we'd love to see our children out and about enjoying the fresh air. (email to mrsbicknell@balliolschool.co.uk)



Keep in touch ...

Please join our Balliol Primary Facebook group and ensure you have our school App (Primary Site School APP) on your phone to keep up with regular updates and news.



If you have any further ideas about how to develop positive mental health and wellbeing, at Balliol or further support you would like to receive please do share these with one of the members of the Change Team.