Wellbeing Award for Schools

Park View Academy is currently working towards achievement of the Wellbeing Award. The award focuses on ensuring effective practice and provision is in place that promotes the emotional wellbeing and mental health of both staff and pupils. The focus of the award is on changing the long-term culture of a school and embedding an ethos where mental health is regarded as the responsibility of all.

With this award, the school can demonstrate its commitment to-

- Promoting mental health as part of everyday school life
- Improving the emotional wellbeing of their staff and pupils
- Ensuring mental health problems are identified early and appropriate support provided
- Offering provision and interventions that matches the needs of its pupils and staff
- Raising awareness of the importance of mental health awareness
- Capturing the views of parents, pupils and teachers on mental health issues
- proving the emotional wellbeing of their staff and pupils
- Ensuring mental health problems are identified early and appropriate support provided
- Offering provision and interventions that matches the needs of its pupils and staff
- Raising awareness of the importance of mental health awareness
- Capturing the views of parents, pupils and teachers on mental health issues

Useful websites for supporting children's well-being:

- https://diaryofajournalplanner.com/free-mindfulness-colouring-sheets/
- https://youngminds.org.uk
- https://www.nspcc.org.uk
- https://www.place2be.org.uk
- https://www.annafreud.org
- https://www.annafreud.org/media/11608/7waysanxiety.pdf

15 ways to promote and support

Good Mental Health

1. Make sure you get enough sleep
2. Eat healthy food and drink healthy drinks
3. Learn how to relax and switch off
4. Connect with friends and family
5. Learn new things every day
6. Help others when ever you can
7. Exercise each day
8. Talk about your feelings
9. Be mindful and take notice of what is happening around you
10. Be thankful for all the things you have
11. Set goals for yourself and embrace your wishes and dreams
12. Challenge any negative thoughts
13. Learn how to smile more!
14. Ask for help if you have a problem
15. Have fun and laugh!

ELSA support
www.elsa-support.co.uk