

Welcome to our second WSA newsletter,

After an exciting Spring term supporting the mental health and wellbeing of your entire school community, we are now looking forward to the Whole School Approach interventions that your school have planned for us to deliver across the Summer term. This newsletter outlines the upcoming schedule of activities, how to get involved with interventions for students, staff, parents and caregivers, in addition to highlighting some of the fantastic work that has taken place in St Joseph's RC High School already this year.

We look forward to meeting as many more of you as we can along our WSA journey,

Abbey, Steph and Leah

Summer Term Action Plan for all:

KS4/5 Students	Big Umbrella 121 Support	Up to 5 sessions with a Big Umbrella practitioner, supporting young people to develop coping tools to improve their mental health and wellbeing	Starting Fri 3rd May
KS3 Students	Resilience Workshops	A set of 5 group workshops supporting young people to build resilience by developing an 'invisible resilience toolkit'	Starting Thurs 9th May
All Students	Coping with Change Assemblies	Delivered to every year group, this assembly will explore 'change' and how we can learn to cope through self care	Summer term

Staff	Drop-in Support	Weekly drop-in sessions providing staff with a safe and comfortable space to talk with a member of the WSA team	Starting Wed 1st May
Staff	Mental Health and Wellbeing Training	A training session covering the impact of mental health in schools, talking about mental health and accessing support	Fri 28th June
Staff	Staff Wellbeing Committee	This newly formed committee will continue to implement fresh and exciting ways to support staff wellbeing at work	Next meeting TBA

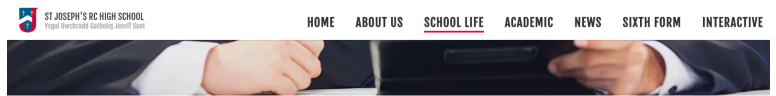
Parents and Caregivers	Coffee Mornings	Join us for weekly coffee, cake and conversation, aiming to build supportive relationships between parents, caregivers and the school to benefit the wellbeing of everyone	Starting Wed 8th May 09:00 - 10:00
Parents and Caregivers	Wellbeing Event	The WSA team will be attending the KS3 Celebration of Excellence Event, providing informational resources and presenting Wellbeing Ambassador awards to 3 deserving members of the school community	Wed 10th July 16:00 - 19:00
Parents and Caregivers	Online Resources	Look out for a range of informational mental health and wellbeing resources that will be made accessible from the school website and on Google Classroom.	Under development

Spring Term highlights:

In April, an incredible 40 parents and caregivers attended an information session ran by the WSA team looking at how to support young people with their mental health and wellbeing. Topics covered included common issues facing young people, warnings signs of mental health problems, adolescent brain development, listening skills and ways to find support and look after yourself



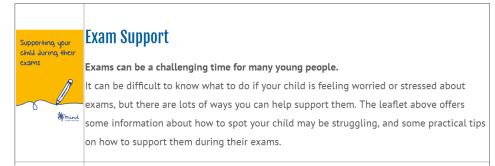
The WSA team have set up an information stand at every parents evening and event possible



MISSION AND PURPOSE
SPIRITUALITY
JESUIT PUPIL PROFILE
PASTORAL
TEACHING STAFF
MENTAL HEALTH & WELLBEING
UNIFORM
STUDENT SAFETY
STUDENT VOICE
CYNGOR CYMREIG

Mental Health & Wellbeing

YOU ARE HERE: HOME » SCHOOL LIFE » MENTAL HEALTH & WELLBEING



St Joseph's decided to create a mental health and wellbeing section of their school website. Look out for more information and resources being added this term



Students have started taking part in a form time programme encouraging them to speak up about mental health and spark change to improve the wellbeing in their school

The staff wellbeing committee have decided to set up the following, to support staff wellbeing:

- You've been 'Mugged'
- Staff cooking classes
- Staff choir
- Yoga and Mindfulness



#MentalHealthAwarenessWeek

13-19 May 2019

Getting Involved

If you, or someone you know, would like to get involved, opt-out or find out more, please get in touch using the following details:

School Contact: Mr Humpage

WSA Contact: WSA@newportmind.org

