

What is meant by Wellbeing?

The state of being comfortable, healthy, or happy.

How people are 'in themselves', how they are doing, how they feel they are coping with everyday life and how hopeful and confident they are.

Some psychologists say that one needs to live a happy, engaged, and meaningful life in order to have good well-being.

Wellbeing is defined as a sense of health and vitality that arises from your thoughts, emotions, actions, and experiences.

What is your way of explaining Wellbeing?

At St Joseph's we focus on the importance of looking after our physical and mental health in order to look after our personal Wellbeing.

For each statement on the next 2 slides,

Discuss with your partner what is going well for you and the next steps you need to take to boost your Wellbeing.

Record any key notes you want in your planner.

Your Physical health	What is going well?	What are the next steps to get stronger?
Are you exercising regularly each week?		
Are you eating healthy foods e.g. 5 a day, drinking enough water to stay hydrated and avoiding too much junk food?		
Are you sleeping the minimum 8 hours a day? Ideally 10 hours.		
Are you really watching and limiting your screen time? American research says more than 2.5 hours can be damaging.		

Your Mental health	What is going well?	What are the next steps to get stronger?
Do you have a positive, hopeful and optimistic attitude to yourself and life?		
Do you have aspirations, dreams and plans? This will help with motivation, direction and focus.		
Do you develop good relationships by showing friends, peers, family and teachers etc.. kindness and respect?		
Are you realistic about the challenges in school? E.g. Lesson focus, homework, revision, tests, exams. These are inevitable, so how well are you responding? Are you resilient enough in response to challenges?		

Wednesday

Health and Wellbeing assembly.

In the Name of the Father, Son and Holy Spirit.

Please play this LOOM link. (13 mins)

<https://www.loom.com/share/382b4bb18ca54a21b178864247f439f7>

On Thursday in PSE pupils will be asked to feedback to tutors on ways we can further improve our support of pupil health and wellbeing.

Thursday pupil feedback PSHE

You said...

February 2021

Does our school promote good advice? (204 pupils responded)
10% said very effective & 47% said good. 57% overall positive.

April 2021 survey

44% of a Year 11 form and 49% of a Year 10 form said our 'signposting' to support was very effective/effective. (Tutors please explain signposting)

We did..

Key changes were made to Health & Wellbeing signposting on our website and these improvements were then shown to the same forms.

100% of Year 11 and Year 10 said our signposting was very effective/effective and they were pleased with the improvements.

But do you agree? Next slide please.

Thursday Feedback continued

Think. Please jot down in your planner why you think the Health & Wellbeing signposting is effective.

Pair: Now share your idea/s with a partner.

Share: Feedback to your form so that your tutor can record on the Google form below.

2-Now repeat think, pair, share in response to the question.

What further advice and support do pupils need?

<https://forms.gle/5Jfmg7M2nr7s6Lwx9>

3-I hope there is now time to watch this inspiring clip from Rocco.

If not Please view it at another time as I 'guarantee' that you will all like it. What a superstar!

Tutors please note volume will need turning on again.

<https://t.co/NSryp7o0u2>