



Sheldon School

BE KIND | BE BRAVE | BE THE BEST YOU



Wellbeing at Sheldon

The Sheldon School Wellbeing Approach

At Sheldon, we aim to promote wellbeing and positive mental health for every member of our staff and student body.

We pursue this aim using both universal, whole school approaches and specialised targeted approaches with vulnerable students. In addition to promoting wellbeing, we aim to recognise and respond to mental ill health.

Our culture is supportive, caring and respectful. We encourage students to be open and we want each student to have their voice heard.

At our school, we know that everyone experiences different life challenges, and that each of us may need help to cope with them sometimes. We understand that anyone and everyone may need additional emotional support.

At Sheldon, positive mental health is everybody's responsibility. We all have a role to play.

We will ensure that all staff, students and parents are aware of the support that is available in our school for mental health—including how to access further support both inside and outside school hours.

In school support

There are various services at Sheldon to support wellbeing for our students, these include:

- Teachers, Support Staff, Tutors and Year Heads/Deputies
- Student Services Pastoral Support Workers
- School Counsellor
- Bereavement Counsellor
- Sixth Form Mentors (for KS3 and KS4)
- Peers, Friends and Wellbeing Ambassadors



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Our commitment

At Sheldon School, we will always:

- Help children to understand their emotions and experiences better. Our pastoral programme and curriculum offer opportunities for training in resilience and self-care.
- Ensure our students feel comfortable sharing concerns and worries. Making them feel valued is core to this.
- Help children to form and maintain positive relationships.
- Encourage children to be confident and help to promote their self-esteem.
- Help children to develop resilience and ways of coping with setbacks. Teach our children how to 'bounce back'.

We will always promote a healthy environment by:

- Promoting positive mental health and emotional wellbeing in all students and staff.
- Celebrating both academic and non-academic achievements.
- Promoting our school values and encouraging a sense of belonging and community. Positive interactions are essential for wellbeing.
- Promoting the importance of gratitude.
- Providing opportunities to develop a sense of worth and time to reflect.
- Promoting our students' voices and giving them the opportunity to participate in decision making.
- Celebrating each student for who they are and making every student and member of staff feel valued and respected.
- Adopting a whole school approach to positive mental health and providing support to any student and staff that needs it.
- Raising awareness amongst staff and students about mental health issues and their signs and symptoms.
- Enabling staff to respond to early warning signs of mental ill health in students.

Six Ways to Smile

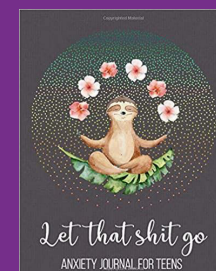
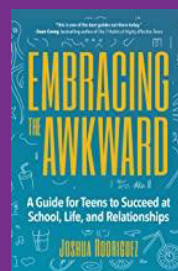
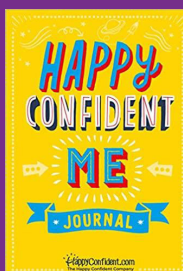
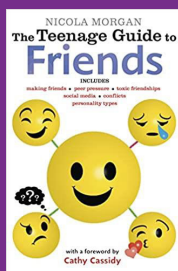
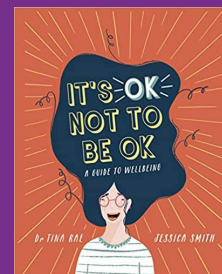
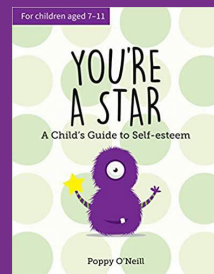
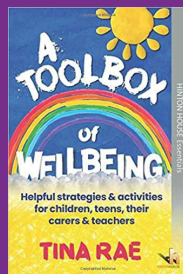
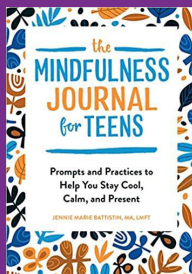
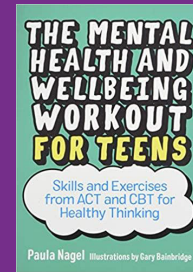
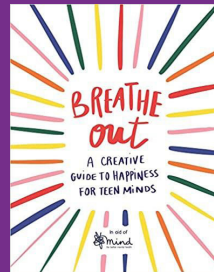
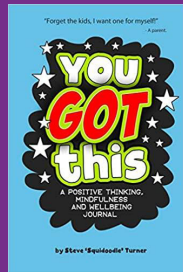
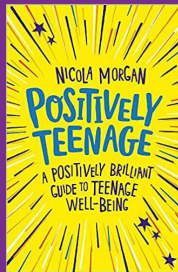
The *Six Ways to Smile* are six tried and tested ways to increase wellbeing

This booklet has ideas for parents and carers on how to use the *Six Ways to Smile* when out and about and at home. The *Six Ways to Smile* are based around the *Five Ways to Wellbeing*, which are five steps you can take to improve your mental health and wellbeing. They are: connect, be active, take notice, keep learning and give. Trying these can help you feel more positive and able to get the most out of life.

The *Six Ways to Smile* translated the *Five Ways to Wellbeing* into child-friendly ideas and activities. In this booklet, you will find some ideas for how you and your child can use each of the *Six Ways to Smile* in your everyday life. You'll also have your own ideas. You may find that the suggestion here are naturally better aimed at younger teens, but that doesn't mean they won't benefit older ones too. You will likely know what will work best and what won't.

Suggested resources

There are lots of books out there to support child and teenage wellbeing and to explore the *Five Ways to Wellbeing*. Here are just some suggestions.



1 Speak and Sign

Making time to talk and listen is one of the most important things you can do for your child's wellbeing.

When you're out and about

Talk about your child's day. Talk on the journey to and from school. Here are some ideas:

- What they did today.
- Things they can see around them.
- What they'd like to do tomorrow.
- What are they looking forward to?
- Is there anything bothering them/that they are worried about?

At home

- Eat together. Sitting down to eat together is a good opportunity for sharing time and talking about each other's day.
- Read together or offer your child support with homework. Talk to them about school projects, what they're enjoying, what they're finding difficult. It's really good for children's wellbeing to talk to them about their feelings and worries and let them know that you are there to listen and help. Books can be a great way to talk about things that might be worrying them.
- Remind your child about the importance of talking to adults about their worries.
- Encourage your child to talk to you or a teacher if they're worried about the past, present or future.

2 Learn

Learning is a good way to share something new together and try things that might be a bit out of your comfort zone. This helps build children's confidence and coping skills.

When you're out and about

- Learn about nature and wildlife together. Visit the park, forest or beach and see what birds, trees, insects and animals and flowers you can identify. Lots of places have information boards with pictures of things you might spot. See www.wildlifetrusts.org/discovery for ideas.
- Other outdoor activities: Pond dipping and rock pool exploring, scooting, cycling. Teach simple safety messages like road safety. Learn to skip, balance, throw, catch and bounce.

At home

- Pass on your own skills: Cooking, woodworking DIY, gardening, sewing or photography skills can all be adapted for young teenagers.
- Cook together: Let your child choose a recipe from a few options.
- Learn together: Begin a new hobby together or involve them in something you enjoy doing. Teach them what you know.

3

Imagine and Get Creative

Creativity is a key way that children learn and being creative with others is a great way to have fun together.

When you're out and about

- Scavenger hunt/outdoor art trails: Have a list of objects that might be found or visit a known art trail.
- Visit a gallery or exhibition: Most larger galleries have activities and resource sheets to accompany the displays
- Wild art: use leaves, sticks, stones, flowers, shells, sand, etc to make collages, pictures and sculptures. Google Andy Goldsworthy for inspiration.
- Cloud watching: Look at the clouds and decide what you think it looks like. Watch the clouds and see if the shape changes into something else.
- Record it: Photograph or make a video of a trip or visit. Record sounds to make a sound diary of your journeys.

At home

- Engage in creative activities like drawing, arts and crafts, music, gardening and more.
- Initiate imaginative thoughts, like asking your child where they would go if they could go anywhere
- Use your imagination!

4

Move

Getting active is an important way to keep children feeling good about themselves in body and mind. Let them know that their body is clever as it can do all sorts of things and it belongs just to them!

When you're out and about

- Counting steps: Maybe you have a step counter on a watch or phone. It can be fun to set goals or competitions around the number of steps taken each day. Walking to and from school (instead of driving) where possible is a great way to do this.

At home

- Get active together: Jogging or dog walking as a family, swimming, playing games, etc.
- Working as a team can be a better way to stay motivated.
- Get active online: There are loads of apps, YouTube channels and websites to get you started. Joe Wicks and his workouts were great during lockdown — let's keep this going!

5 Enjoy

Focusing on the things that we like and give us pleasure can be a great way to develop a positive outlook on life. Simple techniques to help children relax can also help them learn how to calm down and feel safe.

When you're out and about or at home

- Point out things that make you smile and encourage your child to do the same. These can be very small things such as a sunny day, flowers in the park, a cup of tea, clouds, a quick sit down on the sofa! Make saying what good things happened to you today part of your regular conversation.
- Enjoy the local area: Trips to places like parks, woods, the beach and even different parts of town can all help children to spread their wings and encourages resilience.
- What's your favourite? Simply talk about your favourite colour, food, sport, drink, animal, weather, books, songs, anything!
- Use the five senses: Ask your child what they can hear, see, smell, taste and touch.
- Muscle squeeze: Squeeze all muscles together then release them to feel relaxed. Start with toes, then feet, then lower legs, etc all the way up to the head.
- Mirror walking: This is best in a wood or in the park under trees. You will need a small mirror. Hold the mirror in front of you, mirror side up towards the sky. Use the mirror to look at the tops of the trees and sky. You will have an unusual view of the world, feeling like you are walking in the tree tips. Supervise your child/each other so you don't trip up!

6 Help Someone Else Smile

Kindness is a key ingredient that helps children feel good. Even small acts of kindness create feelings of self-worth and belonging. Helping others to smile increases energy and gives a wonderful feeling of optimism.

When your out and about or at home

- Encourage your child to help someone else smile: They don't have to do something for them or buy them a gift, they can always just listen when their friends are sad, or invite someone who is sitting on their own to sit with them at lunchtime.
- Share a smile: See how many smiles you can spread by smiling at people you know and counting your successes.
- Be kind to animals: Teaching children to be kind to animals (and other living things in the environment) is a good way to teach empathy and kindness.
- Say please and thank you: Use these words with your children as much as possible to role model. If your young teen has learnt to make you a cuppa (all be it not how you like it!), give them a nice smiley thank you!
- Help at home: Children love to copy adults which means they can genuinely enjoy helping at home, especially if you make a game of it or reward them for completing household chores. They may not do it as well as you, but it sets good habits.
- Make a card or gift/send a postcard: Encourage your child to make cards and gifts for friends and relatives on their birthday or if they are unwell. Receiving a nice postcard could help someone smile!
- Sharing: Not always easy, but encourage them to share their gadgets/devices/games with friends and siblings.

Local and National Services

There may be times when your child needs more individual, specialised or medical support. If things get too much or they find themselves struggling to cope, please encourage them to speak up and seek support.

IN SCHOOL SUPPORT

- Teachers/Support Staff
- Tutors
- Year Heads/Deputies
- Student Services Support Workers
- School Counsellor
- Bereavement Counsellor
- Sixth Form Mentors (for KS3 & KS4)
- Peers, friends and Wellbeing Ambassadors

OUT OF SCHOOL SUPPORT

- Your GP
- Counselling (via your GP)
- CAMS (referrals from school or GP)
- [Kooth](#) website and app
- [Talking Therapies](#) (a Wiltshire based self-referral system for anyone struggling. They run courses and provide guidance)
- [Samaritans](#)
- [Papyrus](#) (prevention of young suicide charity –support any young people in crisis or people who are worried about a friend/relative)
- [Relate](#)
- [Response](#)

GENERAL SUPPORT AND GUIDANCE

- [Mind](#)
- [Young Minds](#)
- [Childline](#) (has lots of resources aimed at young people, not just younger children)
- [NHS Inform Mental Health](#) (this has lots of self-help guides that you can print out for different aspects of wellbeing and mental health)
- [Headspace](#) (a mindfulness website and app – you can sign up for free and have 10 free sessions that you can use more than once)

LOCAL SERVICES AND SUPPORT

- [Healthwatch Wiltshire](#) (mental health services for children and young people)
- [On Your Mind](#) – Wiltshire Children and Young People Emotional Wellbeing Service
- [4Youth South West](#) – Teen Talk counselling and youth work for young people in Melksham and Chippenham
- [Wiltshire Mind](#)
- [One Chippenham](#)
- [Avon and Wiltshire Mental Health Partnership](#)
- [Young Work Wiltshire – Mental health Support](#)