

WOW



Working On Wellbeing



LET'S TALK ABOUT RESILIENCE

What is resilience?

Resilience is the ability to bounce back from difficult or challenging situations.

It's also the ability to adapt to difficult circumstances that you can't change and keep on improving. In fact, when you're resilient, you can often learn from difficult situations.

Our resilience can go up and down at different times. We might find it easier to bounce back from some situations than others.

Why is resilience important?

All pre-teens and teenagers face everyday challenges like arguments with friends, disappointing test results or sporting losses. Your child needs resilience to bounce back and learn from these challenges.

Some young people face more serious challenges like family breakdown, family illness or death, or bullying. And some have more challenges than others because of disability, learning difficulties or disorders, mental health issues, chronic health conditions and so on. Resilience will help them with these challenges.

As an adult, parent and/or carer we can't stop child and young people from experiencing problems or tough times. But we can play a big role in helping them to build resilience.



Helpful thinking habits to build resilience

Resilience is about being realistic, thinking rationally, looking on the bright side, finding the positives, expecting things to go well and moving forward, even when things seem bad.

By helping children and young people practise helpful thinking habits and strategies, we can help them build resilience too.

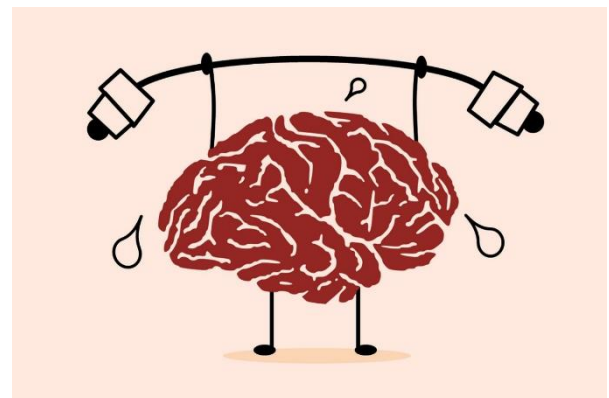
When you are upset, you can help yourself to keep things in perspective by focusing on facts and reality. For example, you could try to ask yourself, 'on a scale of 1-10 how bad is this problem really?'

Tips to help build resilience

- **Appreciate your strength-**
When you're going through a difficult time, it is easy to forget how strong you are. Try to reflect on and remember other times in your life when you have got through a challenging situation.
- **Remind yourself that you always have a choice-**
Whatever you are going through, you have a choice as to how you react to this. It may not feel like you do, but it is up to you whether you let a difficult situation get the better of you. Remembering that you always have a choice is a great way to remind yourself that you have power in any situation, and it's great for building personal resilience.
- **Take a step back-** While an issue, situation or argument may feel very immediate and intense the moment it happens, it's really helpful to ask yourself how you will feel about the thing that's upsetting you in a week, a month or a year? Thinking this way about challenging events can help to give you perspective of how much you should let them effect you.

MENTAL HEALTH MYTH BUSTERS

- Being resilient means that you don't feel bad about negative events- **✗** Just because someone is resilient this doesn't mean they don't feel sad, angry or bad about difficult events.
- Being resilient means you do not ask others for help- **✗** Asking for help when you need it is one of the most important factors in building resilience. People with high resilience are aware of when they need help from others and they will seek this out.

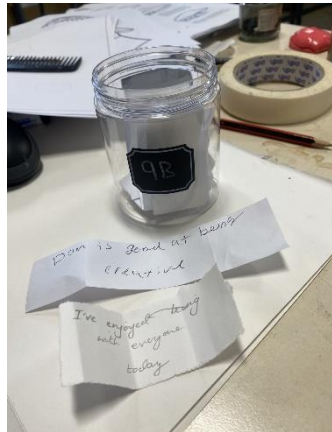
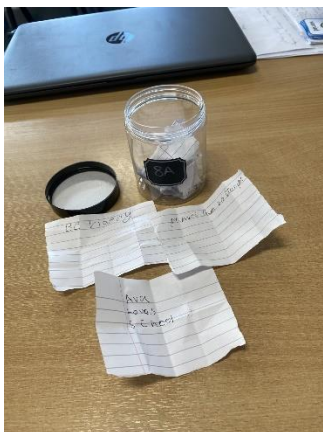


WELLBEING NEWS

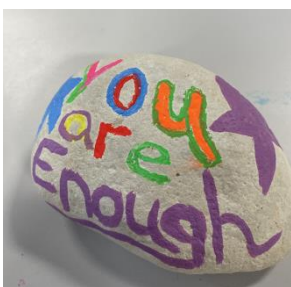
This half-term we have celebrated Children's Mental Health Week in school (Monday 3rd-Sunday 9th February).

To raise awareness and get talking about how important children's mental health is tutors have been delivering a range of wellbeing activities in AM and PM tutor times.

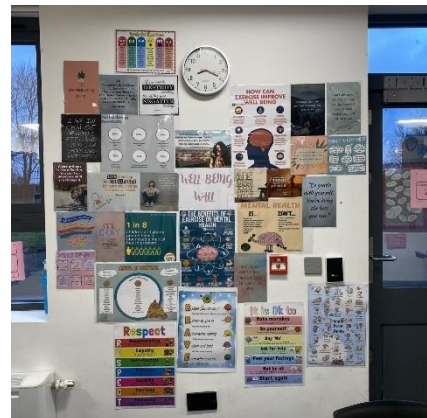
One of these activities has been students creating a positivity jar for their tutor group. Students have been encouraged every day of this week to write down one positive thing and put this in the jar. At the end of the week the tutor has reflected on these positives with them to end the week on a good note.



Some of our year 11's have created positive affirmation rocks during their D&T lessons. students were encouraged to paint positive affirmation rocks to help boost their confidence/self-esteem and spread positivity and kindness.



Our Year 11's and Year 8's have also supported staff to create wellbeing displays in their tutor rooms..



Mr Lawson also very bravely agreed to have his legs waxed to raise money for Children's mental health week!! We raised £45 which is being split between donations for MIND mental health charity and going toward mental health resources for our school community.



Student Support Team (SST)

Miss Mcneil-Pastoral Support (Year 6,7,8)

Mrs Mayes-Pastoral Support (Year 9)

Mrs Dewar-Pastoral Support (Year 10&11)

Mr Lawson- Pastoral support/HLTA

Miss Bird-Emotional Wellbeing Lead
(Anlaby)

Mrs Rainforth-Emotional Wellbeing Lead
(Welton)

Senior Leadership Team (SLT)

Mr Grimes-Executive Headteacher

Mr Rollo-Head of school SEMH Specialist
Provision

Mrs Austin-Head of School PRU/CP

Miss Howard-Director of Learning SEND

Mrs Asvadi-Director of Learning, Behaviour
and Culture

Attendance

Miss Stephenson-Attendance Officer

Miss Harrison-Apprentice Attendance
officer

SEND Team

Miss Russell-SEN Team Leader

Miss Dommett-Deputy SENDCO

Form tutors (Anlaby site)

7A-Mr Price and Miss Priestman

7B-Miss Oliveira and Mrs Ritchie-Goodrick

8A-Mr Frederick and Miss Ives

8B-Mr Branston and Mr Eastwood

8C-Mr Kingsbury and Mrs Warneck

9A-Miss Sykes and Ms Robinson

9B-Mr Tranmer and Mrs Smith

9C-Mrs Ryan and Mr Cook

10A-Mr Stanley and Mrs Vannucci

10B-Mr O'neal and Miss Hawkins

10C-Mrs Brittain and Mrs Harrison

11B-Ms Macnamara and Miss Howlett

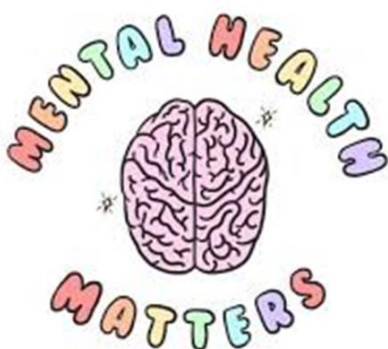
11C-Mr Hall and Mrs Giblin

Form Tutors (Welton site)

SS1-Miss Anderton

SS2-Mr Walker

SS3-Mr Derrick and Mr Thomas



We're Here
to Listen