

Emotional Health and Wellbeing

Effective use of the Growing up in North Yorkshire survey and developing Pupil Wellbeing Champions

You said: The 2020 GUINY XX Primary School revealed: 55% of pupils worried about their family 'most days'; 45% of children said they talk to someone when they have a problem or are feeling stressed.

We did: Staff completed the CompassBuzz Level 1 Training, two members of staff have completed the Place2Be Mental Health Champions and one member of staff has completed Senior Designated Mental Health Lead training with Anna Freud.

14 pupils from Year 5 & 6 trained as Wellbeing Champions, using the CompassBuzz training package and supported by the Pastoral and Wellbeing Mentor. The Wellbeing Champions were involved in organising activities for Children's Mental Health Week which included a Book Swap, filmed Guided Meditation and Yoga sessions, an active challenge and a kindness challenge which was then made into a display in the school hall. Having taken part in the Healthy Schools Pupil Emotional Health and Wellbeing training in April 2022, the Wellbeing Champions wrote a Kindness Pledge and set a series of weekly challenges for each class to complete in the summer term. The challenges were documented on the Wellbeing Champions display board in the school hall which enabled all pupils to see how each class fared with the challenges.

The introduction of the Wellbeing Champions has had a positive impact on the school community. The Wellbeing Champions are known throughout the school and have been supporting younger children with their emotional wellbeing, signposting them to relevant adults where they are unable to support themselves.

Pupils in the school value the Wellbeing Champions. In the summer term the school conducted a pupil voice survey and two focus groups. The children in the focus groups said:

- 'now we have the Wellbeing Team people can go oh, I can talk to them' as like someone to just talk to.
- 'if I have a problem I go to M or E because they are Wellbeing Champions and they help me sort it out'
- 'I think it's important because kids know kids better than grown-ups know kids'
- 'If you ask a Wellbeing Champion it will really help because they understand how it feels'

The Wellbeing Champions appreciate the training they have received and the impact they are able to make:

- 'because I know how to help other peoples problems more like when people like having arguments I was scared to tell a teacher but I can feel the confidence that I can tell the teacher and do the right thing and help that persons wellbeing'

Parents of the Wellbeing Champions also feel their introduction has had an impact in the school:

- 'My son is part of the well being team and really enjoys it - it's lovely to have him think of the mental health of the kids in the school.'

Furthermore, a **central postbox was introduced where pupils could post their worries and requests to speak to the Pastoral and Wellbeing Mentor.** Pupils know the postbox is emptied daily and appreciate the opportunity to discuss their worries:

- 'it has really helped...having the mail box because people got their feelings out on a piece of paper'

