



**BROMSGROVE
SCHOOL
WINTERFOLD**

PREP • PRE-PREP • NURSERY

LifeSkills

Dear Winterfold Family

As the new term begins, we want to share with you the initiatives and opportunities that continue to support the children's wellbeing and mental health. This links in with our whole school goal, to create an enlightened, disciplined and broad education that responds to global change while retaining core values.

Wellbeing, positive mental health, life-skills and spirituality are proudly a real focus throughout daily life at Winterfold. The School recognises that mental health and physical health are part of our daily lives, and that open conversations are encouraged to help us all get the most out of any experience. This update outlines what is happening in the Lent Term through the PSHE programme and Pastoral system as well as embedded programmes that your child has access to.

Healthy Eating

Healthy eating does wonders for our mental and physical health. As well as the diverse range of options both hot and cold each day, the Holroyd Howe catering team looks after us with weekly staples like Friday Fish and Chips, and themed events such as Chinese New Year. Giving every pupil a chance to for their voice to be heard around a lunch table is so important to us so teachers eat alongside the pupils every day. This is a key point in the day for the children to share any feelings that they may have, whilst also allowing staff to monitor eating habits and manners. This is so important for building relationships between staff and pupils.



Activities for Wellbeing

We are extremely aware that everyone's wellbeing is different, so we continue to cater for all, with activities such as our award-winning Gardening Club. The school garden has been transformed by the children over the past eighteen months and is now a proud holder of the Royal Horticultural Society Level 3, meaning that we are not only growing vegetables, but able to serve food from our garden. The rest of our activity programme continues to thrive and add to wellbeing throughout the Prep and Pre-Prep with offerings such as Yoga, Zumba, Radio, Stop-Motion Animation being popular amongst the children.

Jigsaw

We are dedicated to instilling expectations of positive daily experiences which have linked in with our whole school PSHE and RSE lessons. Last term we began an exciting programme called Jigsaw. It is a whole-school approach that builds on our children's knowledge and understanding of PSHE & RSE topics each year, in the form of a spiral curriculum. The children were thrilled to welcome their real-life Jigsaw pieces into the classrooms and have loved using the characters and Jigsaw chimes in their lessons.



Already this year we have explored two puzzle pieces of the programme; *Being Me in My World* and *Celebrating Differences*. We look forward to exploring *Dreams and Goals* and *Healthy Me* over the next term. These daily and weekly lessons are the key ingredients for the development of the children's resilience, happiness, future health and confidence in decision making. The safe classroom practices we share intrinsically between pupils and staff are vital.

Committees

Prep School Pupil Voice has taken a huge and positive step forward this academic year and we are proud that every child in the Prep School is part of a committee of sorts. We have always had our Spiritual Leaders, who support Catholic Life, and the School Council who look at whole-school issues, but we now have fifteen separate committees, and each child takes an active role. The impact on wellbeing and confidence is clear to see as the children take a lead in important topics such as charity, community and outreach, eco-schools, local and international news and food, which currently has a focus and awareness around food waste.

Wellbeing Week

Our *Wellbeing Week* coincides with Children's Mental Health Week. Supporting the children by providing a range of activities and strategies designed to develop their understanding of wellbeing, to strengthen and nurture their own mental health.

Worry Monsters, Kindness Jars and Prayer Bears are popping up in classrooms to give our younger pupils the opportunity to develop their skills of supporting their own wellbeing and that of their friends.



Periodically we will continue to share pastoral updates individually as well as through the weekly newsletter for resources around wellbeing and mental health. We have found that the Anna Freud National Centre for Children and Families has some excellent resources.

We encourage you to have conversations about the activities and resources listed with your children.

Themes of the Week

Our Themes of the Week play a huge part in the wellbeing and positive growth mindset of all pupils. Below are themes that the children are considering through Assemblies. The two overriding themes for the next term are Tolerance (first half) and Humility (second half).



ENID

You will remember us discussing the ENID (Every Need is Different) Project previously; giving children the opportunity to talk about any worry or concern that is important to them. The project took a very important step last term as we introduced the Peer Mentors. A group of children in Years 7 & 8 children have undertaken intense training and are now out in the community as a support for the children by children. These pupils are trained to listen and support around friendships, school-work and general life ups and downs; a non-judgemental listening ear. They are available to speak to any member of the Winterfold community at any breaktime. Should a child not feel comfortable in approaching them directly, they can also be emailed peermentor@winterfoldhouse.co.uk and the Peer Mentor will then make the time to seek them out. A poster of the pupils involved in the leading of this can be seen on every classroom wall, sitting proudly and importantly alongside the Safeguarding and Wellbeing information.



Spiritual Life

In regard to the spiritual life of the school, Miss Howarth, Deacon Sean and Father Lamb are available for guidance, personal prayer or silent reflection in the Chapel when needed. We do daily whole school reflection and prayer and there are frequent opportunities for writing and leading prayer in class. Each form room has a dedicated prayer corner, a personalised class-written prayer and a *Worry Box*, which is used for general concerns as well as questions relating to religion or religious response.

On top of the high level and rounded emotional support and pastoral offerings, where necessary we can signpost to external qualified counsellors, on top of our offer of in school mentoring. We have a nurture group available for pupils who need extra support emotionally and just like physical first aid, a growing number of staff are qualified mental health first aiders.



Lent Term National Themes and Awareness Days

27 JANUARY

Parent Mental Health Day

3 FEBRUARY

NSPCC Number Day

6 FEBRUARY

Children's Mental Health Week
Let's Connect

7 FEBRUARY

Safer Internet Day
'All fun and games? Exploring respect and relationships online.'

27 FEBRUARY

Eating Disorders Awareness Week

20 MARCH

International Day of Happiness

Who to contact

You can find a copy of this year's PSHE and Relationships and Sex Education policies on the School website, and we are always delighted to hear from parents on the contents; please contact either

Mrs Langston, Head of PSHE and RSE

klangston@winterfoldhouse.co.uk

or **Mr Mitchell, Deputy Head Pastoral and Mental**

Health Lead rmitchell@winterfoldhouse.co.uk

We align many of our thoughts and philosophies with those of Bromsgrove School and it's a real privilege to work closely with **Miss Zia Leech, Director of Wellbeing and Mental Health Lead**, at Bromsgrove School, you can contact Miss Leech by email

zleech@bromsgrove-school.co.uk