



BROMSGROVE
SCHOOL
WINTERFOLD

PREP • PRE-PREP • NURSERY

Lent 2024

LifeSkills

Dear Winterfold Family

In January we look ahead, but we also reflect on the previous year. This term we continue to raise pupil awareness through a range of activities in the local community and further afield.

This links in with our school focus of looking after and supporting the whole child whilst they are on their academic journey at Winterfold.

Wellbeing and spirituality are continually a 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 actively encouraged to help the whole community. As a school we continue to work with Senior School leads and colleagues at Bromsgrove Prep to share the best practice in regards to mental health and wellbeing.

We continue to use Jigsaw, our PSHE and RSE programme which gives the children a rounded view of life in an accessible and spiral manner. Twelve months on from beginning the programme, it is becoming visible how much the children get out of it. These lessons are the ingredients for the development of the children's future health and confidence in decision making.



We are continually aware that everyone's wellbeing is different, so we cater for all, with activities such as the growth (excuse the pun) of our Award-winning Gardening Club. We are now the recipients of Royal Horticultural Society Level 5. The 'Greenfingers' business initiative will be something that you have read about in different correspondence, and is having a major impact on the pupil's physical and emotional health. 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 as well as the newly introduced STEM (Science, Technology, Engineering, and Mathematics) programme for Year 5 & 6.

Pupil Voice and Peer Mentors

Prep School Pupil Voice continues to be expanded and explored, creating opportunities for every child in the Prep School to be in a committee. On top of our previous committees including Spiritual Leaders, Charity Committee and the School Council we now have Sports Leaders and a Kindness Team, giving every pupil a worthwhile and active role. Again, the positive impact on the children is clear to see.

Our Peer Mentor initiative is further cemented, with the highly skilled group of Year 7 and 8 children are busy supporting their peers throughout breaktimes. They are available to speak to any member of the Winterfold community.



Should a child not feel comfortable in approaching them directly, they can also be emailed (peermentor@winterfoldhouse.co.uk). A poster of the pupils involved in this can be seen on every classroom wall, importantly alongside the Safeguarding and Wellbeing information.

Dining Hall

Winterfold children continue to enjoy their food. On top of the diverse range of options both hot and cold offerings each day, the catering team have taken us on an international journey to such locations as Morocco, Spain, and USA.



Wellbeing - Introducing Staff

On top of everything that we offer from a pastoral standpoint, we continue to have access to some of the best off-site early help offerings should that be needed for an individual.

Richard Pincher

Richard is an established Youth Support Worker, who works in the main with young men and boys. He works with all aspects of behaviour from anxiety, school avoidance, low self-esteem and anger. He is especially well-respected due to his professional yet approachable stance; he uses different techniques to suit each young person, such as going on walks or playing football. Some young people just want a space where they don't feel judged, and they can be themselves with someone outside the family and School.



Lesley Redhead

Lesley was a teacher for 20 years before gaining her counselling qualifications. She has worked therapeutically in a range of contexts, her approach is flexible and creative, often utilising the power of story and imagery, Lesley tries to balance



compassion with sensitive challenge. Her starting point is always the young person, and supporting them towards finding their own answers and coping strategies. Lesley is a firm believer in listening before labelling and, because of her life experiences, she has a good understanding of issues around culture, race, and neurodiversity; believing that difference is to be celebrated!

Sharon Workman

Sharon has worked as a counsellor since 2011. She makes use of interactive and creative tools to aid the process of helping children and young people to feel comfortable, and get the most out of their sessions. She has worked in a number of settings including schools, charities, and as part of a multi-disciplinary team providing psychosocial support. Passionate about helping young people, Sharon helps children learn and explore their own uniqueness, thoughts, feelings and behaviours, so they can develop a better understanding of themselves and others. She believes this can be a really helpful way to understand problems or worries, and help us change how we cope with difficult situations, by learning and managing in a more positive and helpful way.



We continue to have personalised programmes of support for individuals, as well as focused nurture groups available for pupils who need support; more staff are qualified mental health first aiders.

The Wellbeing Hub



A new initiative to be open to the whole Winterfold community is the Wellbeing Hub, for pupils (currently from the age of 10), staff and families.

The interactive website has been developed by the child and adolescent mental health and wellbeing practitioners at Teen Tips. The resource is already used by a large number of independent sector schools, and caters to the needs of our pupil and parent body.

We are delighted to let you know that as a Winterfold parent you are entitled to free access. We strongly encourage you to register and start using these resources. Your children will also have access to an account from Year 5.

The Wellbeing Hub is an interactive online portal, designed to help you understand and meet your child's social and emotional needs. We believe it will be an invaluable source of information and support for our whole school community.

Our pupils will have access to The Wellbeing Hub, grouped by their age ranges (for those aged 10+ and 13+), with resources tailored specifically to support them with their mental health and wellbeing.

The Wellbeing Hub for pupils includes a bank of answers, a range of resources - short films, blogs, and tip sheets on all manner of themes, careers advice, the Inspiring Futures podcasts series and a Help Zone with links to specialist organisations should they need extra support or advice and more.

You can find a Guided Video Tour of The Wellbeing Hub for Parents [here](#) and a Visual Guide linked [here](#).

You can register for your free account [here](#).

As a member, you benefit from:

- Complete Parenting Teens and Parenting 2-12's audio & video courses
- New weekly resources - podcasts, articles, tips and more
- Monthly live Q&A with a child & adolescent psychotherapist
- Careers Advice - articles and tips, as well as Inspiring Futures podcast series - insiders' perspectives on different industries, roles and career paths
- Q & A library
- Self-Care – giving you access to The A to Z of wellbeing, Your Stories and Talking Points
- Member offers
- Parenting one-to-ones (paid service)
- Access to specialist help and support
- Monthly webinars from in-house and guest, expert-level speakers on a range of topics.

If you have any specific queries about access, GDPR, confidentiality etc. please contact the team at info@teentips.co.uk

We are delighted to be able to provide this enhanced level of pastoral support throughout Winterfold and the wider Bromsgrove Community.

Spiritual Life

In regard to the spiritual life of the school, we continue to keep our Faith at the centre of the high behavioural expectations and outcomes that we have here. Alongside daily reflection, each form room has a dedicated prayer corner, a personalised class-written prayer and a Worry Box, which is used for general concerns. There are no worries that should not be shared.



The Wellbeing Hub

WEBINAR PROGRAMME

The Wellbeing Hub offers a proactive approach to children and young people's mental health & wellbeing. Take some time to learn about the issues our young people are facing - book your place on our webinars today.

Join US

FREE FOR MEMBERS OF
THE WELLBEING HUB;
£9.75 FOR GUESTS



**LIVE
WEBINAR**



THE IMPACT OF AI ON EDUCATION, WEDNESDAY 10TH JANUARY,
6:30PM

With Professor Rose Luckin, Professor of Learner Centred Design at UCL Knowledge Lab



EFFECTS OF TECHNOLOGY ON BRAIN DEVELOPMENT,
WEDNESDAY 24TH JANUARY, 6:30PM

With Dr Crystal Collier, Therapist, Educator and Author of The NeuroWhereAbouts Guide



HOW TO PARENT TOGETHER WHEN YOUR PARENTING STYLES
DIFFER, WEDNESDAY 21ST FEBRUARY, 6:30PM

With Dr Maryhan Baker, Psychologist and Parenting Expert



ALCOHOL, VAPING, AND CANNABIS, WEDNESDAY 13TH MARCH,
6:30PM

With Helena Conibear, CEO at The Alcohol Education Trust



NUTRITION FOR CONCENTRATION AND PERFORMANCE,
WEDNESDAY 24TH APRIL, 6:30PM

With Tina Lond-Caulk, The Nutrition Guru - Author, Speaker, and Nutritionist

The Wellbeing Hub Content Lineup

- Spring Term 2024 -

January - Technology and the developing brain

- Week 1** Blog : Don't demonise the screen by Dr Amanda Gummer, Child Development Expert and Founder of The Good Play Guide
- Week 2** Webinar : The Impact of AI on Education with Professor Rose Luckin, Professor of Learner Centred Design at UCL Knowledge Lab
- Week 3** Video : How to quit gaming in 60 seconds by Cam Adair, Leading expert on game addiction and Founder of Game Quitters
- Week 4** Webinar : Effects of technology on brain development with Dr Crystal Collier, Therapist, Educator and Author of The NeuroWhereAbouts Guide
- Week 5** Activity : Technology and my brain for pupils aged 8-11 by Dr Crystal Collier

January/February - Act For Autism course

Created by Tessa Morton, Co-Founder of Act For Autism, this course will introduce you to the 3C pathway and explore topics including sensory challenges, communication strategies, autism in girls, teenagers and lots more. This course will be a permanent feature in The Wellbeing Hub, but the Q&A is a live session.

- Module 1** A better understanding of autism - Connection (Wednesday, 10th January)
- Module 2** The sensory system - Calm (Wednesday, 17th January)
- Module 3** Talking about feelings - Communication (Wednesday, 24th January)
- Module 4** Girls, the teenage brain, and school (Wednesday, 31st January)
- Module 5** Live Q&A - with Tessa Morton (Wednesday, 7th February)

February - Parenting styles

- Week 1** Blogs : Authoritative and authoritarian parenting by Julia Philpott, Parenting Coach
- Week 2** Blog : Permissive parenting by Dr Tamara Scully, Clinical Psychologist
- Week 3** Webinar : How to parent together when your parenting styles differ with Dr Maryhan Baker, Psychologist and Parenting Expert
- Week 4** Blog : Uninvolved parenting by Dr Tamara Scully, Clinical Psychologist
- Bonus** Podcast : Sexual Violence Awareness with Action Breaks Silence

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The Wellbeing Hub Content Lineup

- Spring Term 2024 -

March - Drugs and alcohol

- Week 1** Podcast : Ketamine Use and Bladder Dysfunction with Professor Andrew Sinclair, Consultant Urological Surgeon
- Week 2** Webinar : Alcohol, vaping, and cannabis with Helena Conibear, CEO at The Alcohol Education Trust
- Week 3** Factsheets : Drugs and vaping for pupils and parents
- Week 4** Podcast : Sex, drugs and rock n roll! When should we have these difficult conversations with our children? with Dr Maryhan Baker, Psychologist and Parenting Expert
- Bonus** Factsheets : Spiking for young people donated by The Alcohol Education Trust

April - Revision and exam stress

- Week 1** Podcast : Revision skills: How to revise effectively with Steve Badger, Deputy Head in charge of Teaching and Learning at Lord Wandsworth College
- Week 2** Video : Setting yourself up for exam success for parents and pupils by Alicia Drummond, Therapist and Founder of The Wellbeing Hub
- Week 3** Activity : Creating a revision timetable that works for you by The King's School, Chester
- Week 4** Webinar : Nutrition for concentration and performance with Tina Lond-Caulk, The Nutrition Guru - Author, Speaker, and Nutritionist
- Bonus** Podcast : The art of learning, knowledge retention and memory with Murray Morrison, Founder and CEO at Tassomai



Don't forget about the monthly Q&A sessions run by our in-house experts on the first Tuesday of every month at 1pm.

Please submit your questions in advance to hub@teentips.co.uk.

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