

Mental Health

WELL-BEING FOR STAFF & STUDENTS

12 DAILY REMINDERS

1. The past cannot be changed
2. Opinions don't define your reality
3. Everyone's journey is different
4. Things always get better with time
5. Judgements are a confession of character
6. Overthinking will lead to sadness
7. Happiness is found within
8. Positive thoughts create positive things
9. Smiles are contagious
10. Kindness is free
11. You only fail if you quit
12. What goes around, comes around

An oyster creates a pearl out of a grain of sand. The grain of sand is an irritant to the oyster. In response to the discomfort, the oyster creates a smooth protective coating that encases the sand and provides relief. The result is a beautiful pearl.

For an oyster, an irritant becomes the seed for something new.
(Christine A. Padesky, PhD. *Mind over Mood*)

Padesky believes overcoming current discomforts allows us to develop something valuable for our well-being.



*Thoughts Mood
Behaviour Environment*

Connected and each contributes to our understanding of our mental well-being and health

Building Resilience

Thinking about Grief & Loss

Displacement

BUILDING SUPPORTIVE RELATIONSHIPS

When you say you're going to do something, follow through, so students know that you're reliable and consistent.

- Ask students to write down the name of the family member they would like you to call to share good news about how they are doing in your subject. Try to find 10 minutes at the end of each week to make a few positive phone calls home.
- Write a personal note to a student from time to time, to acknowledge a contribution they have made in class or a success they have had.
- Don't be afraid to show that you care: 'I really want you to do well', 'There are a lot of people here who care about you, including me'. (Anna Freud Institute for Children & Families)

Students

Sign up with Learning Support Mentors for Group

Sessions on:

Grief & Loss

Building Resilience

Learning to cope with displacement and cultural change

Exam stress - talk to your HOY

Staff

Post your concerns & solutions in the 'Solutions Box'

Join Staff Voice to have your say

Suggest how your personal well-being can be addressed

Progress is Key

Staff Voice

Off to a good start, and thanks to all those who attended and offered their ideas and suggestions of how St Bernard's can be better for all.

Look for Staff Voice progress in the Bulletin

Next Meeting: 22nd March

Some ideas presented to SLT

- Quiet Week - No marking, meetings, or homework
- Thinking about workload
- Two briefings per week; Arrangements TBC
- Rolling 'Briefing Notes' on VLE
- Avoiding repetition of notices on email
- Using Prefects wisely
- Using PPAs for work or relaxation
- Quiet Room

Activities to Enhance Well-being

- Departmental 'Goody Days' - RS Department is first out of the gate 18/4/23!
- Yoga
- Mindfulness Sessions
- Termly Socials - TBC
- Tell us more in the 'Solutions Box'
- These are solutions to Staff Well-being, so add your Voice

LET'S CONNECT ...

Social Connection - feeling close to others. Feeling loved, cared for and valued in our relationships. Most people want to be accepted just the way they are, without judgement, without being expected to change. Social connection can add purpose and meaning to life - this can be family, friends and you at school. These connections can also help all of us to cope when life feels difficult. Connection makes us stronger.

BCCS - Children's Mental Health

THIS IS ABOUT CONNECTING TO OTHERS ...

Form Tutors connect with your form each day during registration time. It is a time not only to see who is present but to check-in emotionally, to chat and to set the tone for the rest of the school day.

Staff connect with Colleagues. Enquire about family; exchange fun stories; avoid negative thoughts; think positive; focus on the '12 Daily Reminders'