



# Promoting Positive Mental Health and Well-being at Thomas Telford School

## What we do

**The  
Nurture  
Group**

**Safeguarding  
Hub**

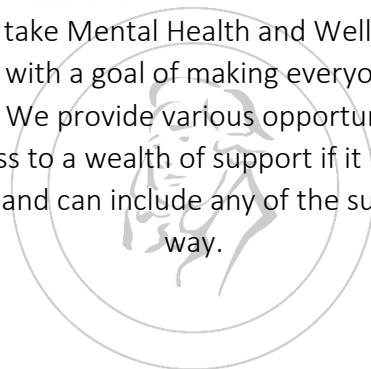
**Action for  
Happiness**

**HEADS  
UP!**

**STAFF STAY  
AND  
PLAY**

**The Able  
Boys  
Project**

At Thomas Telford School we take Mental Health and Well-being very seriously. We are a caring, all-inclusive community with a goal of making everyone feel like they have self-worth and a place within our school. We provide various opportunities for students to talk, listen and take part, as well as access to a wealth of support if it is needed. Our pastoral system starts with the Personal Tutors and can include any of the support networks above along the way.





## **Safeguarding Hub**

The Safeguarding Hub sits at the centre of student safeguarding within the school. The Safeguarding lead officers manage the day to day referrals within the hub and work with a range of agencies to ensure that ALL Thomas Telford School students are well safeguarded.

The Medical room team, our in school counselling service and close liaison with parents/carers ensures that students have the best possible care and attention if needed. As a school we provide a counselling service for students who need to access extra support. We have 2 external counsellors who work with our team to ensure this provision is efficient and effective.

### **Staffing the Safeguarding Hub**

-Mr Phil Nicholls- Safeguarding Lead Officer and Mental Health and Well-being Lead.

-Mrs Bethan Cash- Special Educational Needs Co-ordinator and Deputy Safeguarding Lead.

**The Safeguarding team also promote the school's resilience programme.**



## **The Nurture Group**

The Thomas Telford School Nurture group has been a great success. The nurture group aims to improve student self-esteem, confidence and improve communication skills for students in Key stages 3 and 4. The group runs a range of sessions both educational and extra-curricular. Students are given the opportunity to improve life skills and work with other students to form positive relationships.

The group combines learning and fun to create an environment where students can gain confidence and self-belief over time.

### **Staffing the Nurture Group**

-Mrs Louise Herbert- Nurture Centre Manager- Medical team officer.

-Mrs Nikki Lester- Nurture group assistant- Medical team officer.

### **Nurture Group Days/Events**

-Team Building days

-Problem solving events/ trips to promote team work

-Sessions with external guests/speakers to promote positive mental health and well-being





Heads up at Thomas Telford School is an all-girls alliance that gives our female students the opportunity to talk and meet new people in a relaxing and friendly environment.

The group aims to improve girl's self-esteem and also promote positive mental health. The group is run by student mentors/ reps from each of the 7 year groups. The student mentors alongside Mrs Cash and other guest speakers encourage girls to attend from every year group.

**Staffing the Heads up group**

- Mrs Bethan Cash- Deputy safeguard lead
- Student Mentors from all year groups



At Thomas Telford School we promote the Action for Happiness Calendar and the goal behind it. Personal tutors use the calendar each month to promote discussion within Personal tutor time and it allows students to set goals for the week. The calendar is shared with students in the restaurant area using the electronic notice board.

The Action for Happiness calendar also links in with the school's thought for the week, which encourages students to reflect and consider their approach to certain aspects of school life and life outside of school.



**ACTION CALENDAR: ACTIVE APRIL 2019**

| MONDAY   | TUESDAY   | WEDNESDAY  | THURSDAY   | FRIDAY  | SATURDAY  | SUNDAY  |
|--|---|--|--|---|---|---|
| 1. Commit to doing something active every day this month.              | 2. Have an outdoor meeting, instead of sitting down inside.         | 3. Listen to your body and be grateful for what it can do.   | 4. Go up and down the stairs whenever possible today.            | 5. Enjoy moving to your favourite music. Really go for it!            | 6. Go exploring around your local area and notice new things.       | 7. Get outside and plant a tree, flowers or some seeds.         |
| 8. Get natural light early in the day. Turn off lights in the evening. | 9. Do a body-scan meditation and really notice how your body feels. | 10. Join an activity club or class that you'll actually enjoy.                                       | 11. Eat only healthy & natural food and drink lots of water.     | 12. Choose to walk or cycle instead of going by car or bus.           | 13. Turn your housework or chores into a good form of exercise.     | 14. Have a day free from TV or screens and get moving, instead! |
| 15. Sign up for an activity challenge as a goal to work towards.       | 16. Make sleep a priority and go to bed in good time.               | 17. Choose to park further away and enjoy some extra exercise.                                       | 18. Do stretch and breathe exercises at 3 different times.       | 19. Take an extra break in your day and go for a 15 min walk outside. | 20. Relax your body & mind with Yoga, Tai Chi or Meditation.        | 21. Make time to run, swim, dance, stretch or cycle today.      |
| 22. Arrange to get together with a friend to walk and talk.            | 23. Actively eat a rainbow of multi-coloured vegetables today.      | 24. Spend less time sitting down today, get up and move more!  | 25. Get out into nature. Feed the birds or go wildlife-spotting. | 26. Recharge yourself. Avoid tech for 2 hours before bedtime.         | 27. Do something active and fun (like air guitar or a silly walk!). | 28. Go out and do an errand for a loved one or neighbour.       |
| 29. Spend as much time as possible outdoors today.                     | 30. Make time for doing your favourite sport or activity.           | <p>"Movement is a medicine for changing our physical, emotional and mental states" ~ Carol Welch</p> |  |   |   |   |

**ACTION FOR HAPPINESS** [www.actionforhappiness.org](http://www.actionforhappiness.org)

Find out more about the Ten Keys to Happier Living, including books, guides, posters and more here: [www.actionforhappiness.org/10-keys](http://www.actionforhappiness.org/10-keys)

The Calendar sets students daily challenges

## The Able Boys Project

The Thomas Telford School's Able Boys Project is aimed at raising the standards of attainment and achievement of boys within the school. The project focuses on a group of boys from year groups 9 to 11 and offers them the chance to work with a designated Personal Tutor on a daily basis.

The project looks at developing self-esteem, promoting positive mental health and enables the boys to form effective working relationships with staff to help raise confidence and attainment across the school. The boy's project also includes trips and team building exercises that improves confidence within the classroom.

### Staffing the Able Boys Project

- Mr Alex Bird- Able Boys Project Lead
- Mr Simon Such- Able Boys Project mentor and Personal tutor
- Mr Arun Dary- Able Boys Project mentor and Personal tutor



## STAFF STAY AND PLAY

Thomas Telford School teaching staff have the opportunity each week to attend the staff stay and play session. It runs every Friday and each week a range of activities for staff are available.

The aim of the programme is to provide staff with an environment in which they can talk, relax and socialise with colleagues from around the school. It also gives new staff an opportunity to meet people. The activities can be recreational and fun.

Staff are encouraged to attend, talk and relax with other colleagues.

### Activities already available

- Football
- Netball
- Fitness suite
- Volleyball
- Badminton
- Swimming

I am keen to put on other activities such as yoga, Zumba, Pilates and sessions within the arts such as art therapy.

Talking about our problems is our greatest addiction. Break the habit. Talk about your joys