

Wellbeing Evening



4th July 2022

Introduction and Program for the Evening

- Welcome
- Who are your speakers ?
- Why we have invited you here tonight
- What we are going to talk about

SAFEGUARDING AND PASTORAL TEAM



Mrs West

Behaviour Manager



Mrs Jenkins

Family Support Officer
& Deputy Designated
Safeguarding Lead



Mr Robinson

Lay Chaplain



Dr Brooks

Deputy Head of Sixth
& Deputy Designated
Safeguarding Lead



Mrs Lawson

Pastoral Support Officer



Mrs Tuke

Director of Pastoral Care &
Designated Safeguarding Lead

WHO to talk to?

Here are the names and faces of people you can go to if you feel like you need a bit more support.



Mr Jaggon

Assistant Head Pastoral



Miss Miller

Head of Year 7



Mr Purcell

Head of Year 8



Miss Hollywood

Head of Year 9



Mr Duffy

Head of Year 10



Mr Brodie

Head of Year 11

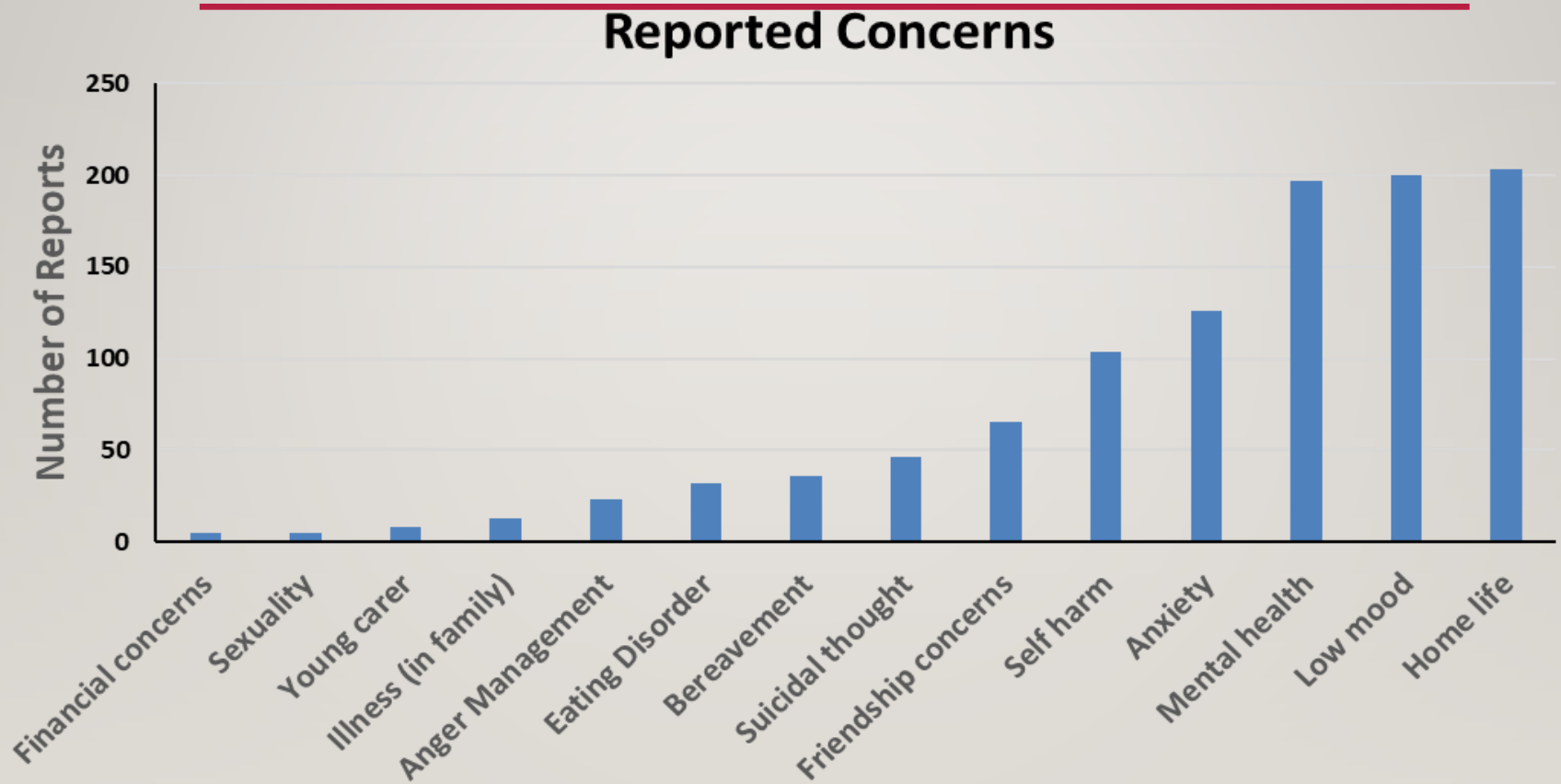
AIMS

- To better understand the worries young people may be experiencing
- To find what helps and what doesn't – The student voice
- Practical tips on how to help your children with their well-being
- When to get support
- What this support looks like
- The role of the school

What do you think young people worry about?



What our data shows...



Worries caused by a wide range of issues

- Negative body image.
- Problems around schoolwork prioritising/managing their time
- Pressure/expectations from peers, parents, and society and living with these expectations.
- They lack good mentors, role models, and heroes.
- Some are tempted into unhealthy behaviour (drugs, vaping and alcohol)
- They are exposed to on-screen violence and unhealthy social media.
- Friendship problems
- Home relationships



What do these worries look like ?

Many young people are not able to say, “I’m worried and this is the reason why.”
Therefore, their behaviours often signal how they are feeling:

- Trouble sleeping
- Increased Irritability
- Social isolation
- Negative Changes in Behaviour
- Negative Talk
- Difficulty Concentrating
- General Sense of Worry
- Demotivated

What Works for the Young Person and What Doesn't

- Voice of our children
- Male voice (Year 8)
- Female voices (Year 12)

Our Summary of What Students Want from You

- Opportunities for conversation- walk/baking /drive/shopping/hobby
- Listen, really listen, and be proactive when required
- Identifying their triggers early
- When upset, give them space
- Hug them
- Be in their corner, discuss without judgements
- Clear boundaries that you discuss/decide on together
- Using support network, role models

Who to Contact in School for Different Problems

Inform the Safeguarding team

Inform their tutor

Negative body image



Drugs/Alcohol/Vapes



Bereavement



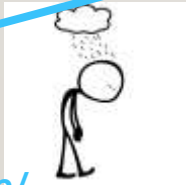
Sleeping issues



Family breakdown/
Home concerns



Self harm/
low mood



Friendships



What we can do as a School

- Assign mentor
- Make reasonable adjustments
- Suggest self-referral to school nurse
- Refer to external agencies
- Meetings with parents
- Restorative meetings between students
- Additional PSHE/educational support

Our Internal/External Wellbeing Partners

OTR OFF THE RECORD
Bath and North East Somerset

NEED TO TALK TO SOMEONE IMPARTIAL?

LISTENING SUPPORT AND
COUNSELLING IS AVAILABLE IN YOUR
SCHOOL

On Wednesdays and Fridays Sarah
and France visit your school to
listen to you.



Sarah - Listening Support
Wednesdays (9-12pm)



France - Counselling
Fridays (9-3pm)

We offer free, confidential 1:1 support where you can talk about anything. For more information about referrals please speak to Mrs Jenkins in HOY or email jenkinsz@st-gregorys.org.uk.

Welcome to Focus Counselling

Focus is a safe place providing professional counselling to people in Bath, Frome and the surrounding areas. Established in 1999, we are a team of qualified and trainee counsellors helping people worried about their mental health and wellbeing. We offer acceptance, warmth and compassion with whatever you are dealing with.

[Learn More](#)

HOPE COMMUNITY
BUILDING HOPE IN YOUNG PEOPLES LIVES

Summary of the Talk

- Better understanding of the worries young people may be experiencing
- The young persons voice - what helps and what doesn't
- Advice on how to help your children with their well-being
- When/how to get support
- What this support looks like