

HGAED HEALTH HUT

Building Emotional Health and Wellbeing
capacity in Schools Funding bid

HGAED Emotional & Wellbeing Priorities;

1. Supporting Year 11 throughout the exam period.
2. Supporting staff to manage their wellbeing.
3. Focus on KS3 following our SHEU report;

70% of year 8s said they “worry quite a lot”



Health Hut Wellbeing For All

Staff Meditation impact

"I look forward to the relaxation session as it helps me to unwind and relax... I value the sessions as they help me get through the week. ...ready to continue the day in a positive light.

I'm not sure what I would do without it, it is my escape for 30 minutes :)"



Year 11 relaxation impact

"After the meditation my mind felt less cramped and stressed and I'm able to concentrate more in lessons as a result of the benefits gained from the experience."



Links with Goose Green Primary; Sound Baths with *Melonie Syrett*

What happens?

- "The sound of the instruments fill the room and the vibration of the sound permeates everything, including the very cells of the body. You are literally bathed in sound."
- *Melonie Syrett*



Year 8 SRE; 'Wonderful Me' Throughout March

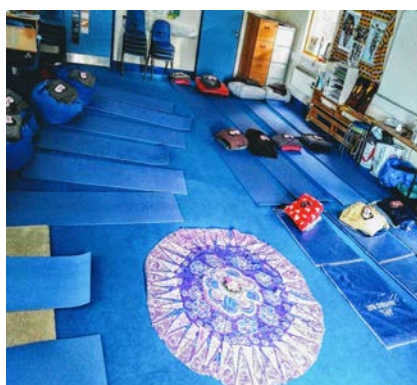


• Focus on 'CONSENT' as 64% said they didn't understand the term.

• Following the sessions so far, 100% of students said they knew what it meant.

Unintended Outcome;

More equipment = larger groups



Success of year 11 sessions has led to a rolling programme across the academy!

- Blankets
- Eye masks
- Aromatherapy oils & diffusers
- Goody bags for year 11 (stress balls, eye masks and head massagers)
- New mats & cushions

Impact on students' wellbeing...



'ESTEEM' SRE sessions

6 week ESTEEM Programme:

- 1. Self esteem and relationships
- 2. Relationships, respect, and consent
- 3. STIs
- 4. HIV
- 5. The media challenge
(discussing pornography and its impact on the brain and relationships).
- 6. Sexting

Devising a protective shield



INSIGHT Drugs & Alcohol Programme

Two groups have gained an AQA qualification



Peer Education Plus over Easter...



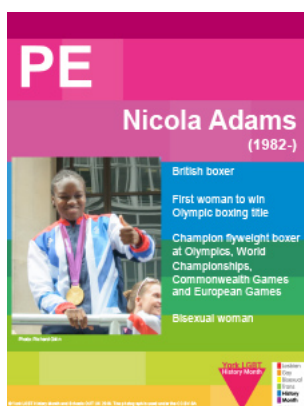
SHER 'Safe Healthy Equal Relationships'

SHER delivered a course to our Peer Educators & also our 6th Formers.



Celebrating LGBT History Month

Displays/sessions for all students



Stonewalls 'FIT' screenings



What else?

- Massage in Schools Programme (for staff and students)
- MIS training for me in May
- 'Strengthening Minds' resources & training for staff
- Supported our Counselling service
- Continued to provide food for students
- Breakfast club
- LGBT training for staff & support to develop a group for students
- Supervision for HOH
- Health week in summer term