



Module 2 Supporting the Wellbeing of Young People

Overview

This module will cover the different strategies and tools that can be used to support young people and support the development of age-appropriate schemes of work to promote well-being.

Objectives and Learning Outcomes (can do...)	Activities and duration	Resources
<p>Understand what is meant by resilience and how to develop strategies to build resilience</p>	<p>Weekly Wellbeing sessions- 25 minutes each day.</p> <p>School Everybody, Everyday Mission Statement- to be shared on platforms such as the school website and in assemblies.</p> <p>Kintsugi bowl- to be shared on platforms such as the school website and in assemblies.</p>	<p>Everybody, Everyday:</p> <p>The weekly everybody, everyday plan allows all stakeholders to see how young people will develop holistically across each week. There is two opportunities for students to follow a PSHE- Personal Social Health Education scheme of work, one opportunity for wellbeing input and one opportunity for character development. The plan can be adapted and changed depending on the needs of the year group of students. There is also a slot for an assembly.</p> <p>The Mission Statement is a document that can be shared, again, with all stakeholders. This was developed by a core group of staff and therefore can be used as a basis for other schools to create a similar document. It focusses on the purpose of the everybody, everyday initiative and aligns all individuals in the common goal of developing young people and their character.</p> <p>The Kintsugi bowl is a visual representation of what a good holistic curriculum looks like. The bowl is a fantastic representation, especially post covid; kintsugi is the art form of putting broken pieces of pottery back together with gold foil. This is what a good holistic curriculum does; allows young people who have</p>



		become broken by the state of the world be put back together and made whole again, but better.
Understanding the impact of building resilience	Curriculum audit- a tool for staff members to use to assess the effectiveness of the holistic curriculum.	Curriculum Audit: The curriculum audit tool allows staff to reflect on the impact of their curriculum to ensure there are adequate opportunities for young people to further develop their individual needs and have multiple opportunities to thrive. The purpose of this document is to send out to all areas of the curriculum to further understand how and where young people are having the opportunity to develop themselves holistically, as well as being given the vital tools to learn effectively.
Develop approaches to destigmatise mental health to facilitate dialogue	Weekly wellbeing activities- 2 x 25 minutes a week. Student questionnaire- to be shared with students online and the results analysed.	Weekly Wellbeing Activities: Within this file there is a selection of wellbeing activities all students will complete in the first half term of the 2021-22 Academic year. There will be a different focus each week, allowing students interests and creativity shine through. The purpose of this is to create a positive community for our students. focussing on destigmatising mental health issues and creating an open dialogue for students to discuss their own wellbeing. The teacher will use these resources with either a class group, or these can be used in smaller group sessions and will encourage open and honest conversations. It would be useful for the teacher to set out some 'ground rules' before beginning these tasks, such as: <ul style="list-style-type: none">• Allowing everyone's voice to be heard.



		<ul style="list-style-type: none">• Not judging others or passing comment on other peoples experience or opinions. <p>-Please also find enclosed an example of a student wellbeing questionnaire that will be used to assess how well students are coping post pandemic and if there are ways that young people need support with. This will identify trends for staff to address.</p>
Explore different support mechanisms including the use of 'safe space'	A student friendly PowerPoint which introduces young people to the concept of safeguarding.	Introductory Safeguarding Presentation: A presentation which introduces young people to the concept of safeguarding. This activity requires a member of staff to facilitate a conversation around what safeguarding is, and why it is an integral part of any school community. There are some activities for students to complete and then a checking and correcting activity to engage all learners.
Time for reflection		