

## Why HeadsUp?

HeadsUp@Howell's is our wellbeing programme that educates our learners and staff about wellbeing.

We want to create a school culture where everyone:

- has access to information, education and support for good mental health
  - knows and uses strategies to improve their mental wellbeing or to manage difficult times
  - Connects with others positively to benefit all
- ✓ Heads Up - physically
  - ✓ Heads Up - out of devices
  - ✓ Heads Up - looking after your mind

### HEADSUP WEEK



GET INVOLVED WITH ACTIVITIES TO PROMOTE MENTAL FITNESS AND WELLBEING  
YEARS 7-9 NO HOMEWORK THIS WEEK

Monday: Creative Colouring all Lunch. Open to all in the Art Room
Monday & Tuesday: Join the Kindness Champions in the Stone Hall to write a kindness card for someone you know
Tuesday: Cwtchy blankets, cookies and chill out with Mrs Chyba at breaktime in the Drama Room
Wednesday 8.30am: Year 7 Howell's in Harmony
Wednesday: 'Twisted Fairy tales' Dress-up Day for Llamau and author visit
Thursday: Big Sit for Year 8 – Schools Sit Together
Thursday: Celebrate #HelloYellow with Young Minds and Year 11 for years 10 and 11
Friday: Year 7 Big Breakfast. Fun with friends...Time for tea 8.30am in the Dining Room
Friday: Poetry Chill in the Library at breaktime with Mrs Persson
Friday: Gardening Group – Plant blooming baskets and spring bulbs in the Friendship Garden second lunch
Friday: Feel Good Movie - Join us in the Library for 'The Wizard of Oz' second lunch and after school
All week: Puzzle time: Come along to Wellbeing Support Room at breaktimes and lunchtimes and have a puzzletastic time
Digital Detox: Challenge yourself to stay off social media and the internet and spend more time with your friends instead

## Our Health and Wellbeing Team



**Katie**  
School Nurse



**Amanda**  
Happiness Champion



**Graeme**  
School Counsellor

### Wellbeing Team

**Katie Roberts**  
SCHOOL NURSE  
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**Amanda Drew**  
WELLBEING OFFICER (HAPPINESS CHAMPION)  
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**Graeme Layzell**  
SCHOOL COUNSELLOR  
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# HEADSUP@HOWELL'S



## Minds Matter

Mental and Emotional Health and Wellbeing is at the core of all our HeadsUp actions. Resilience and flexibility are essential skills needed by our young people to navigate the challenges of growing up. The ability to manage difficult emotions and work through them is fundamental to Howell's pastoral education and care. Get the wellbeing right and the rest will follow. We are proud to be a school that offers relaxation, mindfulness, mentoring, recreation, sport and wellbeing activities to help develop **strong minds and happy hearts.**



## Wellbeing Induction/Transition

On joining our school, or moving across key stages, learners experience a series of days where there is a wellbeing focus. These individual programmes, "The Firsts", aim to include everyone in our school family and create a sense of belonging for every child right through from our Nursery to our Co-Ed College, as well as belonging to the larger GDST family.

## Kindness Champions

Every year group in our Prep, Senior School and College has Kindness Champions. We are working together to tackle bullying and to raise awareness of the need to be kind. Our recent Kindness Week was a brilliant illustration of our school ethos: Be Kind.

Every Kindness Champion wears a purple Kindness Champion lanyard and we all work together to promote the **power of positive words and actions.**

Now in our second year, we have been busy creating posters, writing kindness cards and encouraging everyone, students, staff, family and friends, to engage with kindness on purpose to make our school a healthy and happy place to be.



## A Mindfulness School

- ✓ 20 Staff have attended the .b Foundations mindfulness training
- ✓ 4 staff have trained as Mindfulness Teachers
- ✓ The whole Senior School has been taught the 10 week .b mindfulness curriculum
- ✓ Mindful activities are embedded across our school e.g: Prep Mindfulness Colouring Club; Mindful Moments at the start of assemblies; Senior School Knit & Natter; Wellbeing Jigsaw and Puzzle Group, Mindful Walking and relaxation classes.

Regular assemblies revisit Mindful practice including KS3 taking part in the MiSP Mindful Big Sit. #SchoolsSitTogether.



Howell's is committed to being a mindful school. We want our young community to **Enjoy life; Function Fully and Flourish.**

Classes are given by our own qualified mindfulness teachers to help our students gain the skills that can help them manage their minds positively.



*"A happy child is a successful child." - Sally Davis, Principal*



### Howell's is a Mindful School

Join us in learning helpful strategies to promote positive wellbeing

Mindfulness	
Paying attention	On purpose
In the present moment	Non-judgementally

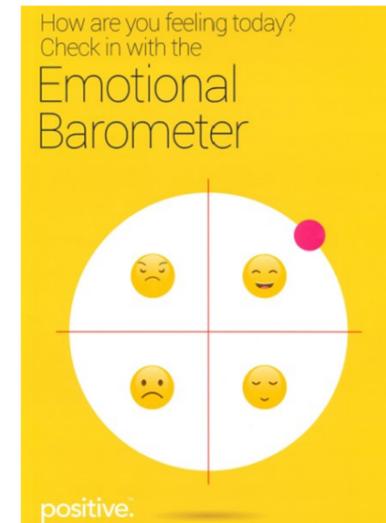
Nursery	Prep	Seniors	College
Mindful Breathing 	Mindful Moments 	MiSP .b Curriculum 	Mindfulness Sessions 
Reflection Time 	Mindful Club 	Fofboc 	Our Mindful Team 
Mindful Walking 	Pencils Down 	Beditation 	

*"You can't stop the waves but you can learn to surf" Jon Kabat-Zinn*



## GDST POSITIVE

The GDST have joined forces with **The Positive Group** to create a unique partnership empowering all Trust schools to benefit from first-class research and best practice in a range of wellbeing strategies. Designed by a psychologist on the basis that emotions are contagious, the Positive Strategies can be used by teachers and students to understand their emotions. The Emotional Barometer encourages users to check in with their feelings and learn how to manage them. Our Positive staff team now has 11 members who work on the Positive School strategy embedding ideas and practices throughout the school.



*"By discovering how our minds work, we can improve our learning power and unlock our true potential." – Professor Lord Robert Winston*

## Healthy Schools



The main goal of Healthy Schools is to work with schools to identify best practice and to encourage relevant targets to maintain and improve the health and wellbeing of learners and the whole school community. We are now in Phase 4 and are delighted to have met targets to strengthen our Mental and Emotional Health and Wellbeing as part of the 7 areas targeted by Healthy Schools.

Howell's prides itself on being a healthy environment where **every child can thrive.**



### WISC Awards 2019

We were delighted that HeadsUp was a finalist in the first ever WISC Awards for 2019 in the Wellbeing Initiative category.

### i25 Award

We are delighted that Mrs Chyba's work on HeadsUp has been short-listed for the i25 awards for 2020. These awards recognise the independent sector's leading influencers and innovators who have made a positive impact in their school.



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