



## Well Beings Programme



## Aim

To develop the physical and mental resilience which will allow our girls to enjoy life, and cope with the stresses of the 21st Century.

We do this through our 'Well Beings' curriculum, which helps girls to manage school-induced stresses, teaches them coping strategies and provides support and referral where appropriate.

## Prevention

### Personal Development



Alongside academic excellence, we make a considerable effort to ensure our girls are balanced, rounded individuals. Our curricular activities - which include over 100 trips annually, Challenge Days where the girls are off timetable and a full calendar of House Events - ensure they have many enriching experiences.

There are plenty of social activities to break up study. These range from 'Freed up Friday' - a relaxing morning involving bean bags, hot chocolate and biscuits - to trips to the cinema, bowling alley, shopping centres and theme parks. We have excellent sports facilities, including a top of the range gym, to encourage the girls to develop their physical fitness - which we know can positively affect mental health. The girls are encouraged to participate across a range of activities, guided by our compulsory Enrichment Award. All Year 11 girls are involved in 'nurture' meetings, small group discussions where we canvass their opinions on how to improve their experience.

### Taught Programmes

Our comprehensive programme at KS3 includes learning skills, stress management, revision strategies and a 10 week mindfulness course in Y9. This highly respected .b (dot-be) course involves training girls to experience the present moment with curiosity and kindness, and allows them to respond more skilfully to life's inevitable challenges.

At KS4 we have reduced the number of GCSEs taken down to 9 to free up 4 periods a fortnight, which are dedicated to keeping girls well. The programme covers many aspects of health, including physical relaxation techniques and other health related issues, as well as careers, study skills and mindfulness.



### **Parents**

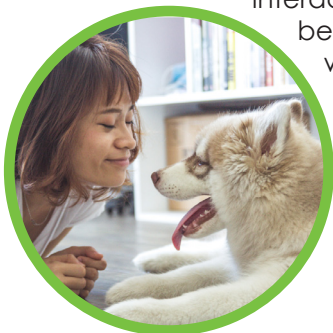
Parents are invited in regularly to see how they can play their part in keeping their daughters healthy, especially around exam time. There are yearly information evenings which provide age relevant information on how to support girls, as well as excellent publications like 'How to Survive GCSEs' and the 'TGGs Stress management Guide.' Our resident revision expert, Mr Charlwood, also presents a session on revision techniques for both parents and daughters.

### **Exams**

During the year the collation of a coursework deadline calendar helps students plan their workload. After the effort of mock exams the girls can relax with a post mock cookie and chocolate. As the exams approach our STUDY plus programme allows girls access to key note speeches from all subject areas, as well as providing protected silent study facilities. Weekly help clinics, Easter intervention sessions and Immersion Days really help our girls to consolidate their understanding.

### **Dogs and Sleep**

We are currently trialling Dog therapy, where girls can meet and interact with staff dogs, an experience that has been proven to reduce stress. Alongside this we are involved in national research on teenage sleep. It is hoped that the 10 session sleep education programme, designed by Oxford University, will improve sleep habits and, as a result, mental fitness.



# Support

Stress is normal, it is part of life. We teach the girls coping strategies to deal with it but in the instances where they cannot, we have developed excellent support services to help. In fact we have over 100 years' experience supporting girls through the common and less common trials and tribulation of school life.

## **The Pastoral Team**

We have excellent Heads of Year who have vast experience caring for our girls. Their capacity to help is increased by our investment in four non-teaching Assistant Heads of Year, who have both the time and skills to support girls experiencing difficulties. 17 of our staff have completed the MIND Mental Health Training.

We have our own qualified school counsellor who is available 3 full days per week, we have our own school nurse who is available weekly for clinics, and we have our own Sexual Health Worker who can provide help and advice via a weekly clinic. All of these can be called in if required, along with our dedicated Educational Social Worker.

We have a clear process for referrals to outside agencies and can access relevant help such as CAMHS and Educational Psychologists. Our tutor mentoring programme keeps tabs on how girls are coping, and we also have 6th form student mentors who run the 'HUB' - a facility to help younger students with academic and non-academic issues.



There has been a widely reported rise in the number of UK teenagers with mental health issues. We will continue to seek out strategies that counter this and welcome suggestions from students, parents and professionals.

