

Wellbeing Provision

Room Name	Interventions Delivered	Synopsis	Staff Involved (In no order)
<p>Group Intervention Room</p>	<ul style="list-style-type: none"> ▪ Anger Gremlin ▪ Self-Esteem Project ▪ Getting Your Head Around Exams Workshop ▪ Mentoring 	<ul style="list-style-type: none"> ➤ Students explore how to manage any angry thoughts and behaviours ➤ Emphasises the importance of building a student's self-esteem, and boosting their self-belief and motivation ➤ Offering year 10 and year 11 students the opportunity to continue to learn different revision techniques, and understanding how to use stress to their advantage ➤ Guiding students with any day-to-day worries, and increasing their problem solving and social skills 	<p>Emma Capon Jo Morton-Brown Olive & Matt (CYO) Roni Joslin</p>
<p>Individual Intervention Room</p>	<ul style="list-style-type: none"> ▪ Specialised one-to-one support 	<ul style="list-style-type: none"> ➤ Assisting students who may have physical and emotional needs and gently integrating them back into class 	<p>Jayne Haight</p>
<p>Corner Intervention Room</p>	<ul style="list-style-type: none"> ▪ Shine Project ▪ HOPE Project ▪ Safe Space 	<ul style="list-style-type: none"> ➤ A transitional six-week project aimed to support the emotional wellbeing of any year 7 student who may need additional support with the change from primary to secondary school ➤ For those students who may self-harm. A project aimed to explore their self-harming behaviour and build alternative positive coping strategies. ➤ A time to discuss simplified PDT topics within a small group to develop social skills 	<p>Jo Morton-Brown Emma Capon Cat Walker</p>
<p>Therapy Room</p>	<ul style="list-style-type: none"> ▪ Counselling 	<ul style="list-style-type: none"> ➤ Counselling is a way of supporting students with personal issues and difficulties such as bereavement, exploring their gender and sexuality or generalised feelings of unhappiness. 	<p>Jo Morton-Brown Jenny Smith</p>
<p>One-to-One Intervention Room</p>	<ul style="list-style-type: none"> ▪ Outside agencies/charities 	<ul style="list-style-type: none"> ➤ YoYo Project, School Nurse, Social Workers, CYO, Barnardo's, CARA, Kids Inspire & more 	<p>Variety</p>