

Welcome to our very first newsletter,

This year, as you may be aware, The John Frost School is one of 8 secondary schools in Gwent taking part in Mind's high-profile, exciting new way of looking after the mental health of everyone involved in school life. We call it our Whole School Approach to Mental Health.

The project is designed to **enhance the mental health and wellbeing of your entire school community** through interventions and support, planned with you in mind.

We would like to **thank everyone who has supported the project so far** by completing the Whole School Mental Health Survey, attending Action Planning Groups and speaking to us at school events. Your involvement, and a strong collaboration with school leaders, has resulted in the following Action Plan that we are excited to be able to share with you below.

We look forward to working with you and your school across the rest of the academic year,  
Abbey, Amy, Leah, Steph and Wahida.

## The Action Plan for Students:

### Wellbeing Ambassador Training

Two days of training for young people to become **Wellbeing Ambassadors**.

Ambassadors will then run wellbeing activities for students to attend during lunchtimes.

**Targeted for all year groups**

### Informational Assembly

A year group assembly delivered by the WSA team, covering the topic of **Self-Esteem and Confidence**.

**Targeted for all year groups**

### Big Umbrella Resilience Workshops

A **two-hour workshop** delivered during lesson time by the WSA team, designed to equip young people with information and strategies for building their resilience.

**Targeted to years 11 and 12**

### Your Voice Matters

A set of **form time sessions** delivered by form tutors, covering what mental health means, recognising emotions and affecting change in the school regarding mental health and wellbeing.

**Targeted for all year groups**



# The Action Plan for the School Workforce

## School Workforce Training

An after school training session, covering the following topics:

- The impact of mental health in schools
  - Talking about mental health
- Accessing information and support

## Wellbeing Activity Group

A mental health and wellbeing related regular activity session, chosen by the **Staff Wellbeing Committee** on behalf of the staff body.

## Staff Resources

A variety of mental health and wellbeing **physical resources for adults**, made available in the staff room for easy access by school staff.

## Drop-In Support

**Weekly drop-in sessions** providing staff with a safe and comfortable space to talk with a member of the WSA team, who will be there to listen and provide information with the aim of improving staff wellbeing.

Thursday afternoons from 30<sup>th</sup> April

# The Action Plan for Parents and Caregivers:

## Parent and Caregiver Training

An after school training session providing practical information and advice that will enable you to **support your young person with their mental health** and wellbeing.

Thursday 18<sup>th</sup> June - 5:30 – 7pm

## Informational Resources

A range of **leaflets and videos** that aim to raise awareness and understanding of mental health and how to support family wellbeing. **All resources will be made available on the school website and shared on social media platforms.**

## Information and Conversation

A set of **informal information sessions** with opportunities for conversation with other parents and caregivers, with tea, coffee and treats available!

Fortnightly from 27<sup>th</sup> Feb - 2pm - 3pm

## Parent/caregiver Events

A presence from WSA staff at parents and caregiver events such as parents evenings, options evenings etc. **Staff available to talk about all things mental health and wellbeing**, with information and resources.

Across the school year



## Getting Involved

If you, or someone you know, would like to get involved, opt-out or find out more, please get in touch using the following details:

School Contact: Ms Poulton

WSA Contact: Leah Williams—[WSA@newportmind.org](mailto:WSA@newportmind.org)