

# Wellbeing Corner



We now have our report from the Wellbeing Award for Schools inspection. The Inspector was very complimentary about the school and the girls he interviewed. I wanted to share with you a couple of the comments made within the report.

Leaders have created a strong sense of belonging for all parts of the school community which effectively promotes positive mental health and wellbeing for everyone. There is a strong sense of belonging to a team and a community among staff, pupils and families.

This is genuinely a community where everyone knows everyone else, cares about their wellbeing, notices when people need support and are willing to offer it.

Wellbeing is now strongly embedded in the culture and ethos of the school. Students now feel able to openly communicate their feelings and talk about their wellbeing and know where they can go to for support. This includes lunchtime drop in ELSA provision every lunchtime.

Passionate and articulate student wellbeing champions are now in place who are able to identify their impact to date and have clear plans to develop their roles further.

Thank you for your ongoing support to ensure we continue to develop wellbeing across the school community.

This week we appointed new Wellbeing Champions in each Form (1-6) and the girls have attended their first meeting.

### **Congratulations to our new Wellbeing Champions.**

FV – Harriet, FIV – Chloe, FIII - Imaani, FII – Ophelia, FI – Thea and Evelyn.

Our Lead Wellbeing Champions, Ella and Sophia, are looking forward to working with you and hearing your ideas over the coming term to continue building on this year's successful start.



### **Support for parents:**

Please see our parent boards and website.

Please see the attached pdf about a workshop from the sleep clinic.

**We have arranged a workshop for parents with Lightbulb. The date is tbc but the session will be delivered via Zoom. Staff and the pupils in Forms IV and V have taken part in workshop sessions, which have been very useful.**

### **Children's Mental Health Day: Friday 3<sup>rd</sup> Feb**

The girls will take part in workshops and activities focused on the idea of connections. This will include a Lego workshop, creating a new whole school display, dance session and mixed year group reading and games.