



Walls of wellbeing

Our Campaign

We want to increase awareness and promote the importance of wellbeing around our school.

We want to implement wellbeing strategies for both pupils and staff in our St. Josephs family to contribute to a supportive and inclusive school environment.

*What
Careers/ Jobs
are relevant?*



*Mental health worker,
therapist, teacher,
community support
worker, healthcare
assistant.*



Our Wellbeing Champions



Marwa



Ebony



Nikita



Lauren



Molly



Amelia

What are our long term goals?

Support: We know adolescence can be a challenging time for many students, with mental health issues becoming increasingly common. We want to promote wellbeing and provide support to help students cope with these challenges.

Healthy Habits: By promoting wellbeing, our project can encourage students to adopt healthy habits such as talking openly and supporting their peers which have a positive impact on wellbeing.

School Performance: research has shown that students who are emotionally and physically healthy tend to perform better academically. By promoting wellbeing, our project may indirectly contribute to improving performance among our students.

Creating Supportive Environment: we want to foster a supportive and inclusive school environment where students feel safe, valued, and respected. This will lead to stronger social connections among students and reduce feelings of isolation or loneliness.

Life Skills Development: we want to develop essential life skills such as resilience, emotional intelligence, and conflict resolution. These skills are not only beneficial in school but will serve students well throughout their lives.

Community Engagement: we want our project to collaborate with parents, teachers and community organisations. This fosters a sense of community and collective responsibility for the wellbeing of students, strengthening ties between the school and the wider community

Which areas will we focus on?

Us carrying out
our research



Wellbeing
awareness

Wellbeing
exhibits

Wellbeing
products

Team roles

Who will do
what and
why?

Team yellow: Wellbeing awareness
and exhibits

Group leader:
Marwa

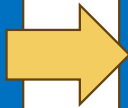


Researchers:
Ebony and Angel

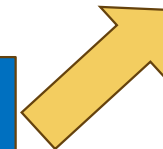


Team blue: Wellbeing awareness
and products

Group leader:
Molly



Researchers:
Lauren and Nikita



**Ideas
organiser:**
Amelia

Wellbeing
awareness

MEET THE WELLBEING
CHAMPIONS



Wellbeing exhibits



IT IS OKAY TO

MAKE MISTAKES

NOT BE OKAY

HAVE HARD DAYS

BE YOURSELF

NOT KNOW IT ALL

ASK FOR HELP

START OVER

NEED MORE TIME



Wellbeing products



Name _____
Week of _____

Today I Felt ?

	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
Calm 😊	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Surprised 😲	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Happy 😄	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Sad 😞	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Angry 😡	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Frustrated 😤	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Annoyed 😠	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Confused 😕	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Disappointed 😞	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Scared 😨	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Embarrassed 😳	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

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**What have
we
spent our
£250
seed money
on?**

- Wellbeing champion badges
- Positive affirmation pens
- De-stress colouring books
- Mood tracker diaries
- Wellbeing posters

This is us meeting with Nicola to reflect on our project aims and next steps



We explained why we feel so passionate about our campaign and how we want to continue to spread wellbeing throughout our school

Who will benefit from our campaign?

- Us... the wellbeing champions!
- School staff
- Our peers and students at other local schools who come to visit us for activity days and open days
- Groups in the local community (parents)

We are so excited and passionate about our project and we are really happy with our progress so far!

If we are successful with our pitch, we plan to spend our money on the following things..

*We will use our **budgeting skills** we have learnt in **maths** and through our school's **financial capabilities days** to effectively budget our funding money...*

Benches... £200 each x 2

Paint for benches... £50 x 3

School wall notice boards... £100 each x 2

Wellbeing champion team posters... 70p (ish!) x 6

Positive affirmation posters... £20 each x 6

Wellbeing Water Bottles... 80p each x 500 (ish!)

Mood tracker diaries... £5 each (x50)

Positivity pens £10 pack of 12 (x10)

More wellbeing badges (pack of 15) £30

= £1500

**Thank you so
much for
listening!**

**Any
questions?**

