

CYLCHLYTHYR LLES WELLBEING NEWSLETTER



Electing our Wellbeing Ambassadors

Back in January, pupils from the Builth campus applied to become our very first Wellbeing Ambassadors. Following interviews, nine successful candidates were chosen for the roles and we have been very busy since. We have been meeting regularly and discussing ideas on how we can help improve everyone's wellbeing in school. We have also had two different training opportunities: peer mentoring and restorative practise.

Peer Mentoring

Our peer mentoring training was delivered by Jess Metcalfe, the school's youth worker, and took place over a number of sessions. These meetings allowed us to understand the importance of being non-judgmental, supportive, and open, but we also learnt the difference between being friendly and being a friend. We were given different scenarios and learnt how to deal with each one best.

Restorative Training

Our Restorative training was delivered by PC Ainsworth. During these sessions, we learnt how to deal with some potentially difficult situations in a calm and professional way. We learnt the importance of listening and asking appropriate questions, but also when something is out of our skillset and may need to get a senior member involved. After we had completed this training, we decided to build a contract that will be signed by both the mentor and mentee at the beginning of their peer mentoring.

What we have been up to so far... /

We all had unique and creative visions of what we wanted to achieve in our roles as Wellbeing Ambassadors and so during our team meetings we discussed how we wanted to put these ideas into practice. Here's what we've been doing so far...

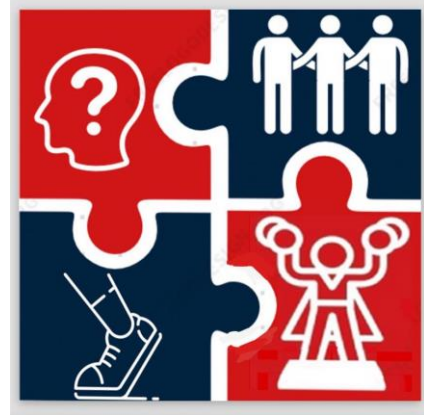
Wellbeing Ambassadors – Llysgenhadon Lles
Core Values – Gwerthoedd Craidd

- Mental Wellbeing**
Build resilience, reduce stigma
Lles Meddyfol
Addilau eiddo trwm, llesus a llyso
- Safety**
Create a positive community, every person to feel safe in the school environment
Diogelwch
Crea cymuned gadarnus, pob person i deimio'n ddifodol a fewr yr ysgol
- Signpost**
Make clear who to call help, and how to access help
Arwyddbost
Gwneud yn glir pwy all helpu, a sut i gael yr help
- Sustainable, Healthy Behaviours**
Know that it's ok to make mistakes, errors, and positive mistakes
Ymddyddadau Cynaliadwy, Iachus
Gwybod bod i'w gwneud, gwallau, camgymeriadau, a negid positif i'w cadarnhau
- Thrive**
Promote individuality, inclusivity and diversity
Ffyrdd
Hybu unigoldeb, cymysgdeb a diwallfrydedd

Wellbeing Logo

We have recently designed a logo to represent what we will do as Wellbeing Ambassadors within the school. We felt this logo represented us perfectly as it demonstrates key aims within the role.

The logo illustrates the importance of supporting others to create a positive community, improving mental wellbeing by reducing stigma and introducing better resilience, and having a positive mindset and outlook for the future in order to thrive. Finally, it promotes healthy lifestyles in order to have a positive and healthy outlook on life and to also educate others on this important aspect too.



Banner



As well as designing a logo we have also designed a banner which many teachers have already been using on the background of their Teams meetings. We wanted to create something easy to read but could also get our core values across in the best and most effective way possible. Our banner shows what we are hoping to encourage and promote in school such as, positive mindsets and supporting one another in times of need. As well as this, it encourages healthy behaviours to help you thrive in the future.

Website

We also have a wellbeing section on the school website which shows our core values and where you can get help/more information. Here is where you can stay up to date with what we're doing:

<https://www.ysgolcalon.cymru/wellbeing-ambassadors>.

Year 6 Transition

Some ambassadors have also been working on ideas to improve the year six transition week. They have come up with some brilliant suggestions to make the week as informative and as easy as possible. These ideas include:

- Each department making a video to introduce themselves and possibly giving a virtual tour.
- Lessons in the first couple of weeks to talk to people in your year and get to know each other better.
- Pupils from key stage 3 to lead activities so they can talk about experiences of high school.
- All the information needed for what they will need and be doing when they join from the perspective of other students and teachers.

What We Hope to Achieve as Wellbeing Ambassadors

Our main goal as Wellbeing Ambassadors is to promote the importance of maintaining our wellbeing, something that has been made increasingly clear in the past year. We want to make the school a place where both pupils and staff know that their wellbeing is a priority. Whether this is achieved by providing safe spaces for people to discuss their worries, or by promoting healthy and sustainable attitudes, we believe that looking after our wellbeing should be a priority for everyone.