



Wellington College
Mental Health and Wellbeing Festival 2021
(January 11th – February 6th 2021)

January 2021 update

Objectives

- To promote awareness of Mental Health issues and Wellbeing strategies amongst Students, Staff and Parents
- To engage the community with relevant and specific mental health issues and associated wellbeing strategies
- To continue the work of last year's Mental Health Day and ensure continued awareness and a dialogue about mental health and wellbeing across the College in a fun and creative way
- To keep mental health and wellbeing at the forefront of everyone's minds during lockdown 3 and encourage innovative thinking about wellbeing during challenging times

The format

January 2021

Houses have already:

- initiated a discussion about relevant mental health issues that their house is facing, has faced in the past, or would particularly like to address.
- Picked a wellbeing strategy from the list below which has engaged the house in a positive initiative which will support the issues discussed and provide a framework for having a lot of fun as well as recognising the benefits that the strategy can have on wellbeing.
 1. Music
 2. Exercise
 3. Yoga
 4. Mindfulness
 5. Cooking
 6. Animals and pets
 7. Dance
 8. Singing
 9. Puzzles and other games
 10. Fresh air and the great outdoors
 11. Self-care (e.g. hair/ skin/ health)
 12. Friendship, socialising and talking
 13. Gardening
 14. Creativity
 15. Walking and exploring
 16. Massage and other alternative therapies
 17. Breathing
 18. Gratitude
- Each house will now have to look at how the wellbeing strategy can positively affect mental health and demonstrate how their proposed programme of events and awareness raising helps **under current lockdown restrictions and within a College remote learning environment.**

- Each house has to devise and run a programme that engages students, parents, their linked Governor and staff from their house.
- The allocated strategies are deliberately broad and can be interpreted as creatively as a house seems fit. Any initiatives should also take the College values into consideration as well and they should provide an over-arching framework for any plans – courage, integrity, kindness, respect and responsibility.
- All initiatives must be cleared through the HM and they must be inline with the current Government CV19 restrictions.
- It should be fun
- Each House should stage one **initiative** that can be accessed by other students in the college. This event should take place any time between January 11th and February 4th 2021.
- By Feb 6th 9am, each House needs to have created an overview of what they have achieved - this can be in any format – a video, powerpoint, MS Teams “collage”, word document. These will all be posted on a special site celebrating what the houses have achieved in the first half of term. Each entry will be judged by Mr Dahl, Mrs Lynch and the Chair and Vice Chair of the Parental Mental Health Committee.
- Prizes are awarded in assembly on **Monday 22nd February 2021**.
- There is funding available for houses which apply with a written proposal about what the money is needed for and which is clearly costed. The proposal should be submitted to Mrs Lynch.

Examples (updated January 2021)

House A

House A discuss how the main mental health concerns that they are seeing in the house at the moment surround anxiety about exams. They decide to pick a strategy which will provide an outlet for stress and enable students to be calmer and develop this skill for Wellington but also when they leave the College.

House A choose **yoga**

- Set up weekly yoga online sessions in house for any girl who wants to attend between 7-8am every Monday morning; organise one online talk by a yoga instructor about benefits to the whole house
- Have a “yoga practice of the week” which is introduced in a weekly house assembly. Whole house pledge to try the yoga practice in their weekly group tutorial.
- All house staff to attend at least 2 online yoga sessions
- Parents commit to attending one yoga session themselves by February 1st 2021 and have to take a photo of themselves attending as proof
- On the 20th January they organise for a video to be put up onto the festival webpage so that the whole College can try a yoga session organise a whole College day of yoga

House B

House B have discussions with all students and come to a decision that they would like to reduce the stigma around talking about mental health in a fun way and which engages everyone, rather than switch them off.

House B choose **music**

- Students – every pupil to present in an online house assembly on their favourite piece of music to relax to and why – play it to rest of house
- Challenge everyone to listen to a different style of music which they wouldn't ordinarily listen to, students speak / write about this
- Set up an online chill-out room eg every Wednesday evening, have a chill evening where students can go into the online room and just relax to music but have to remain in silence – different guest presenters each week
- House staff to present in an assembly on a piece of music which relates to breaking down stigma. Eg Mr House B chooses "We have all the time in the world" by Louis Armstrong which is Stephen Fry's favourite piece of music. A short message is given about how Stephen has spoken about his own mental health and then the piece of music is played to the house.
- House write a song which becomes their "wellbeing song" – includes lyrics about breaking down stigma – record an online video of the whole house singing it!
- Parents – the houses challenges them to use music in their own work settings and write about its effects to the students (could be read at house assembly); parents present about what they did online for whole house to see
- On the 22nd January the house organise for a relaxing music playlist to be posted on the festival webpage to promote music and breaking down the stigma surrounding mental health to all

During the Festival

Online Talks

- The whole community (students, staff and parents) can choose from a menu of talks to watch and listen to in their own time during the festival
- This webpage will be ready to watch on January 18th 2021.

Prizes and awards

Prizes will be awarded based on the information provided to the judging panel by the 6th February. There may be subsequent follow up with the house pupil leadership team if needed in the week following the submission.

Awards and criteria:

Most creative approach award – this award commends the house who have adopted unique and interesting ways to engage their House and College community with their wellbeing strategy.

Most fun approach award – this award recognises the house which has approached the festival in a fun and innovative way, making strategies and associated events accessible and enjoyable for all.

Engaging parents, staff and Governors - this award will recognise the house which has most successfully engaged the adults associated with their house with their wellbeing strategy

Engaging students – this award will recognise the house which has most successfully engaged students across every year group in their own house with their wellbeing strategy as well as gained the most interest across the whole College community with their event and initiatives.

Research award – this award recognises the research undertaken by the whole house, or individuals in the house about relevant mental health issues and the chosen wellbeing strategy. Evidence of the research will need to be provided to the judging panel and will need to demonstrate how it has informed the house strategy and initiatives undertaken.

Prizes for the above categories will be bespoke to the winning house. The prizes will be relevant to the wellbeing strategy which the house adopted and houses may make suggestions for what they would like their award to be. This might include, for example, money towards staging a house wellbeing party (CV19 allowing) for the community, buying small wellbeing gifts for everyone in the house, funding a speaker to visit the house on a particular topic, or money towards a variety of different initiatives which will positively benefit the house community. Prizes up to £200 will be awarded.

Best overall house – this title will be awarded to the house for its commitment and engagement with the competition and the work that has been achieved since the brief was launched on October 10th. The house winning this award will need to have demonstrated how they have engendered discussion and enthusiasm around mental health in their house across their community (students, parents, staff and governor) and that there is a framework for a lasting legacy in their house and across the whole College.

The judges will want to see evidence of innovation, imagination and effort – across a range and variety of individuals not just one or two students.

Prize: A massage (aromatherapy or sports) for every student in the house and the house staff (**once CV19 allows**). £200 to spend on something which benefits the wellbeing of the house. A trophy will also be awarded.

Timings

- Competition launched on the 10th October – World Mental Health Day and the brief presented to House Mental Health Ambassadors to present to their houses
- House “programme” to run anytime between October and February 4th 2021
- The whole school event which the house needs to organise should take place between 11th January and February 4th 2021
- Judging will take place starting on February 6th and winners announced in assembly on February 22nd.
- Any questions, please direct to Mrs Lynch.