

Mental health festival judging

Mental Health and Wellbeing Festival – House entries 2021
The Winners!

Well done to all of the houses for getting involved under such challenging conditions. The entries we received bowled over the judges who were impressed by the innovative and creative ideas which were presented. The panel have taken some time to review everything submitted and the following feedback has been given.

Apsley: Well done! You have really thought through what self-care meant and how it could help. Your efforts to apply this knowledge to parents, staff and students was excellent and the survey that you carried out was well thought through. You had also made a concerted effort to ensure that your ideas were ongoing and sustainable. Your presentation was well done, informative and with excellent photos and graphs.

Theme: Self-care

Anglesey: Your collaborative playlist was imaginative and fun; it will serve as a great lockdown momento and will carry on increasing those dopamine levels (which you well researched!) We loved the way that you had thought through lots of different options and considered the views of all of the students in the house. Although your theme chosen was 'music' it was brilliant that you had also thought about mental health holistically with weekly challenges – we especially loved the 'gourmet cooking challenge'!

Theme: Music

Beresford: You impressed the judges by addressing the brief directly and then thoroughly researching the benefits to mental health, investigating lots of different ways in which cooking could help overall wellbeing. The meal ideas and recipes were inspired - fun, actionable and well researched. We particularly liked the pizza rationale! You really went the extra mile to engage students; well done.

Theme: Cooking

Benson: No entry

Blucher: We suspect that the house had undertaken some great things, but your presentation did not give very much information on what you did – just some photos!

Theme: Puzzles and games

Combermere: No entry

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Hopetoun: The judges really enjoyed your short film which highlighted how much fun you had had completing various activities such as cooking, yoga and 'treats of the week'. You had clearly engaged a large number of students in your initiatives and have the framework to create something sustainable for the future as well.

Theme: Self-care

Hill: No entry

Hardinge: You put together an informative short film on what activities you had undertaken with the students in the house. We particularly liked the "ways to kickstart self-care in 2021", although were unsure how many students and staff you had managed to engage with your initiatives.

Theme: Self-care

Lynedoch: No entry

Murray: The thorough way in which you approached the festival really impressed the judges – how you went about it and particularly the way in which you got all in your house community involved – particularly your House Governor! You addressed the brief imaginatively and all of your ideas were insightful and sustainable. Your presentation enabled the panel to get a really good overall impression of the activities within the house; well done.

Theme: Gratitude

Orange: Your presentation drew together some very good ideas that the house has been using to promote mental health and wellbeing and the judges liked the weekly mental health challenges and the fact that you had been using break out rooms to encourage speaking about mental health and to help students with any challenges they might be facing. Well done on showing innovation and initiative when addressing your topic of creativity – it would have been good to know what level of participation from the house that you had in each of your ideas as well.

Theme: Creativity

Picton: All judges were impressed by the way in which the house challenged the commonly held misconception that boys should not engage with skin care because of the stigma of it being such a female domain. You also impressed with your tenacity to find a budget, encourage engagement and use feedback and research so effectively. The use of an incentive to encourage involvement was ingenious!

Theme: Self-care (skincare)

Raglan: We thought it was admirable that you showed such persistence and resilience in getting this project off the ground. Undeterred through the initial slow response, the fact that you continued to promote and show enthusiasm in the leadership of the task showed determination and you had great results in the end – as the photos highlight. We hope that you will be able to use your photos to produce a montage in the house which will serve as a brilliant reminder of your challenge during lockdown.

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Theme: Walking and Exploring

Stanley: You were really inventive when addressing the brief and the judges loved the number of ways that you used to encourage talking within the house. We were definitely intrigued by the “therapy game”! Your ideas really did serve to keep the students in the house connected and we love the way in which you managed to engage the staff in your initiatives as well – what a great staff house team you have too! You clearly have some sustainable ideas for the future here as well.

Theme: Socialising and talking

Talbot: You made a great attempt at linking your wellbeing strategy to a particular mental health issue (anxiety and depression) and the judges loved the way in which you explored lots of different ways to engage the house students, staff, parents and siblings! Your whole school cook along looked like a lot of fun and took a lot of effort to make it work during lockdown. Your research was well informed and your video gave a really up-beat picture of how much the understanding of the house had improved with your work. Well done!

Theme: Cooking

Wellesley: The journals were an incredibly simple yet effective idea that involved lots of students in an easily accessible way. The judges hoped that many of the girls will continue to use this method as a way of communicating their emotions and managing balance in their lives going forwards. We loved seeing some of the entries and were also impressed with the research that had been undertaken.

Theme: Gratitude

Final results

Category	1st	Runners up	Prize
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.	Wellesley	Picton	<i>Prizes for these categories will be bespoke to the winning house.</i>
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.	Beresford	Talbot	<i>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.</i>
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	Murray	Stanley Raglan	<i>This might include, for example, money towards staging a house</i>

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<p>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.</p>	<p>Talbot</p>	<p>Apsley Orange</p>	<p><i>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.</i></p> <p><i>Prizes up to £200 will be awarded.</i></p>
<p>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.</p>	<p>Apsley</p>	<p>Beresford Murray</p>	
<p>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.</p>	<p>Murray</p>	<p>Beresford Talbot</p>	<p>A massage (aromatherapy or sports) for every student in the house and the house staff.</p> <p>£200 to spend on something which benefits the wellbeing of the house.</p> <p>A trophy will also be awarded.</p>