



Tuxford Wellbeing

Happy New Year and welcome to the first edition of the Tuxford Wellbeing Newsletter. At Tuxford we are working hard to raise awareness of wellbeing amongst our students, staff and families.

Our Vision:

At Tuxford, we aim to raise awareness of wellbeing and mental health. We believe it is important to break the stigma surrounding mental health, and to raise the profile of wellbeing. We want to encourage our young people to recognise the ways to “be well”, to notice their feelings and to seek help without fear of judgment. We aim to provide our students with the tools they need to look after their own wellbeing and to be able to support others too.

Meet the Wellbeing Team

At Tuxford, we are lucky to have a number of staff trained in a variety of areas of wellbeing, and who make up our ever-increasing team.

Mrs. Fretwell

Mindfulness trained dotb (young people and adults)
Mental Health First Aid Trained
CAMHS training

Mr. Smith

Mindfulness trained dotb (young people)
Mental Health First Aid Trained

Mr. Timberlake

Mental Health First Aid Trained

Mr. Mayfield

Mental Health First Aid Trained
ARNA trained

Ms. Cunningham

CAMHS training
Art Therapy training

Ms. Ingram

Mental Health First Aid Trained

Mrs. Smith

Mental Health First Aid Trained

Mrs. Allcock

Mental Health First Aid Trained

Mr. Lockett

ARNA trained

Mrs. Pauline Hicks

ARNA trained

Mrs. Nichol

ARNA trained

Ms. Pritchett

Mindfulness Trained
Mental Health First Aid Trained

There will be a timetable, soon to be shared with students, which gives them the opportunity to meet with a member of the wellbeing team if they feel they need some support.



Mindfulness

We are delighted to announce that the Mindfulness team is growing. For the last two years, Y8 have completed the .b programme with Mrs. Fretwell and Mr. Smith, and there has been .b intervention with students throughout all key stages. .b is a mindfulness programme that gives students a toolkit of strategies and techniques on how to live in the present moment, manage anxieties and find focus. In March, Miss. Allen, Mr. Newsom-Smith and Miss. Peacock will complete the .b breathe training, and this means we can deliver mindfulness lessons across Y7-9 Global Awareness lessons.



Peer Education Project

In the Autumn Term, Y12 students were invited to apply for the role of Peer Education Ambassador. We have 6 successful applicants who will begin their training in January. This will enable them to deliver a series of bespoke lessons to Y7s during Global Awareness lessons. The Peer Education Project is a series of 6 lessons which delivers key ideas surrounding mental health and wellbeing. The project was created by the Mental Health Foundation and works on the premise that young people are more likely to respond to information about wellbeing when it is delivered by other young people. We are looking forward to welcoming them to the team.

Time to Talk Day

time to change

let's end mental health discrimination

The Time to Talk campaign is run by the Time to Change organization, and it encourages people to open up about how they are feeling. It falls on Thursday 6th February this year and we at Tuxford are going to mark it with a whole week given over to talking. Ms. Cunningham is organizing a variety of events to take place during learning time, and college assemblies will be dedicated to introducing the Wellbeing Team, discussing the importance of talking to someone if you feel you need to talk, and who to talk to.

You can find more information on the website:

<https://www.time-to-change.org.uk/get-involved/time-talk-day>

Online Use, Gaming and Wellbeing



There is thought to be a link between screen use and wellbeing, and this is continually being studied and investigated. Rio Ferdinand, former Manchester United and England footballer, is fronting a campaign to help parents in supporting their children's device use. He advocates the use of a website which shows how to limit screen time, add notifications and set restrictions. Each future wellbeing newsletter will have a section about online use and gaming, but for the time being I have added the link to the website which may begin to answer any questions you might have.

<https://www.askaboutgames.com/get-smart-about-play/>

School Counsellor

At Tuxford, we are lucky to have our own in-house counsellor, Mrs Bennington. Mrs. Bennington takes referrals from staff, and self-referrals from students.

Why not follow us on Twitter?

Our Twitter account is up and running. Add Tuxford Mindful for regular tips about wellbeing, how to practice self-care, motivational quotes and probably some funny pictures of whatever takes our fancy!



If you have any questions, please don't hesitate to contact me in school.

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