



# MENTAL HEALTH Bulletin

**4<sup>th</sup> May 2021**

I hope you have enjoyed the long weekend despite the variable weather.

This week I would like to tell you about the latest initiative for Shenley students.

## **The Shenley Wellbeing Zone**

Tuesday 5<sup>th</sup> May sees the launch of the Shenley Wellbeing Zone. We want every student at Shenley to feel safe and supported during their time in school. While staff do everything they can to keep students safe, there are times when our students have a fall out and we need to step in. There are also those amongst you who suffer from anxiety or struggle in social settings. This is why Dr Bartlett has asked me to set up the Wellbeing Zone. (I know the name's not very good -more about that later)

The Wellbeing Zone will be set up in the library on Tuesdays and Fridays and I will be running the sessions for different year groups over the two days. If you find you are struggling in the dining room or sports hall and would prefer to have a quiet area to sit in for lunch, then this is for you. I have noticed from my observations during my lunch duties that there are some students who just want to sit alone, either to read or because they don't have friends to sit with. Then the Wellbeing Zone is perfect for you.

The zone is completely optional, and you do not need a staff referral or have to commit to attend. You can come and eat your lunch, although squash and biscuits will be provided. I am organising some resources for the zone over the next couple of weeks so there will be things you can do if you want to. You can sit and read, have a quiet chat, do some mindfulness colouring, or play cards or dominoes. The key focus is on this being a quiet space to relax, feel safe and enjoy your breaktime. The mental health ambassadors and peer mentors will also be around to chat to. Your mental health and wellbeing are important to us so please do come and visit the zone and see what you think.

Now, going back to the name. I am looking to you all to help come up with a good name for the Wellbeing Zone and a logo or design for a poster. This will then go on display when the sessions are running. There will be a prize for the design and name that is selected too. So, get creative!

## **Other News – Staff Green Ribbon Badges**

On Friday I handed out green ribbon pin badges to all our staff who are qualified as Mental Health First Aiders. These staff have completed a training course in how to provide help and support to anyone who is struggling with their mental health. Keep a look out to see which staff are wearing them and if you do find you are struggling then you can approach anyone wearing the green ribbon badge, as well as your usual contacts of PSMs and the safeguarding team.

Have a good week everyone and I look forward to seeing you in The Wellbeing Zone in the coming days.

Ms Corbett-Lees  
Mental Health Lead

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