

Principal's Blog

Friday 23rd April 2021

Looking after our wellbeing



Routines can play a large role in developing healthy habits and improving health and wellbeing and it is wonderful to see so many students back in the Academy, ready to learn and showing a real drive to succeed in their subjects. The health and wellbeing of our students continues to be the highest priority and there have been a number of promotions of services, support and resources available to our students to assist their wellbeing.

Each Tutor group has recently nominated a wellbeing champion to represent the student voice in promoting mental health and wellbeing. Our champions will be having their first meeting in the next week and will be discussing strategies to promote wellbeing around the Academy and will also undertake training to support their peers with health and wellbeing concerns.

We have also successfully relaunched the Tootoot app to remind students of the support available if a student is faced with bullying. Tootoot continues to give a voice to students in need and the many features that the app offers gives students the best opportunity to have their voices heard.



Sticking on the theme of applications, the inclusion team continues to do an incredible job at signposting our students to apps which can support the health and wellbeing of those under our care. One of these apps is the Calm Harm app which provides tasks to distract students during times of crisis. Other notable apps include Headspace, Sleep Cycle, Reflectly and Calm.

NSPCC

Social media can be a source of fun and connection with others. However, it can also be a cause for upset and distress. I have added to our website a link to the NSPCC Net Aware website that reviews the most common apps and gives some narrative regarding their safety etc. I hope you find this useful.

<https://www.net-aware.org.uk/networks/>

Finally, our personalised wellbeing website <https://wellbeing.freeston.outwood.com/> continues to be updated with support services, strategies and information around everything concerning wellbeing. This has become an invaluable resource to support the Freeston community of staff, students and parents/carers. The most recent additions to the website include information for adoptive parents/carers and updated guidance from the NSPCC.

As an Academy, we are very proud of the continual commitment to ensure that our community feels safe and secure with their health and wellbeing through awareness, support and guidance and creating an atmosphere in which discussing mental health and wellbeing is no longer stigmatised.

If you have any further ideas on how we can support wellbeing please contact us

<https://www.freeston.outwood.com/contact>

Information Site to access support can be found here: <https://tinyurl.com/y4pwhzqa>



Guardian Summaries

We often receive from parents questions about how they can further support their child. One method is by signing up to **Guardian Summaries**.

A detailed support area for this is here

<https://classroom.freeston.outwood.com/home>. Guardian Summaries will allow you to see what work your child has been assigned.

Keep in contact with us at:

enquiries@freeston.outwood.com
[@OutwoodFreeston](https://www.twitter.com/OutwoodFreeston)

