



Wellbeing Newsletter – Term Two

December 2024

From the Wellbeing Ambassadors

Who are the Wellbeing Ambassadors? The Wellbeing Ambassadors are students who are focused on: supporting, leading and implementing wellness initiatives in school for the benefit of our whole school community.

The Wellbeing Ambassadors meet every Tuesday morning in the library at form time and have representatives from all year groups. They also host games in the library on a Friday. If you are interested in joining the Wellbeing Ambassadors and /or joining in with games in the library on a Friday lunchtime, please speak to either Ms Ansell or Ms Willington.

Kooth

Last term all students have had assemblies with Kooth to support their wellbeing. According to a recent [BBC](#) article, nearly 60% of young people have experienced negative impacts from online interactions. Kooth, provides a clinically safe and moderated digital space where young people can seek support for their mental health without fear of trolling, discrimination, or sharing personal details. Kooth reviews all user-generated content, and anonymity is strictly maintained.

Kooth offers free webinars which offer valuable insights not only for education professionals and students but parents as well, providing practical information and guidance on key mental health topics.

Helping young people stay safe on their new smartphone

With over a third of parents and carers feeling uneasy about their child having their first smartphone, Kooth have put together this session to explore supporting a child's mental wellbeing whilst using the device plus information on UK law and social media usage and online safety tips.

KoothTalks for families: please share [this link to book](#)

Meeting the needs of neurodivergent and Special Education Needs & Disabilities (SEND) young people.

Children and young people waiting for an assessment or navigating a diagnosis may need additional emotional support. Kooth are offering a webinar this month exploring how their platform meets the needs of neurodiverse and SEND young people.

- **KoothTalks for families: please share [this link to book](#)**



World Mental Health Day

Last term our Wellbeing Ambassadors led on assemblies to all year groups about the importance of Mental Health . To highlight the importance of World Mental Health Day which is celebrated every year on 10 October. On this day the Wellbeing Ambassadors led on Hats on 4 Mental Health. The day is about coming together to talk about mental health and show everyone that mental health matters. Talking about our mental health can help us cope better with life's ups and downs.

If you have not done so already, please make a donation via ParentPay : [ParentPay](#) to support the work of Coventry and Warwickshire Mind (suggested donation £1.00)

World Kindness Day – 13th November

Our Wellbeing Ambassadors delivered World Kindness Day cards which individuals wrote within the school community.

Winter Wellbeing

DHL at Rugby kindly donated Boost bars for all staff which Wellbeing Ambassadors delivered to boost staff and thank them for all their kindness.



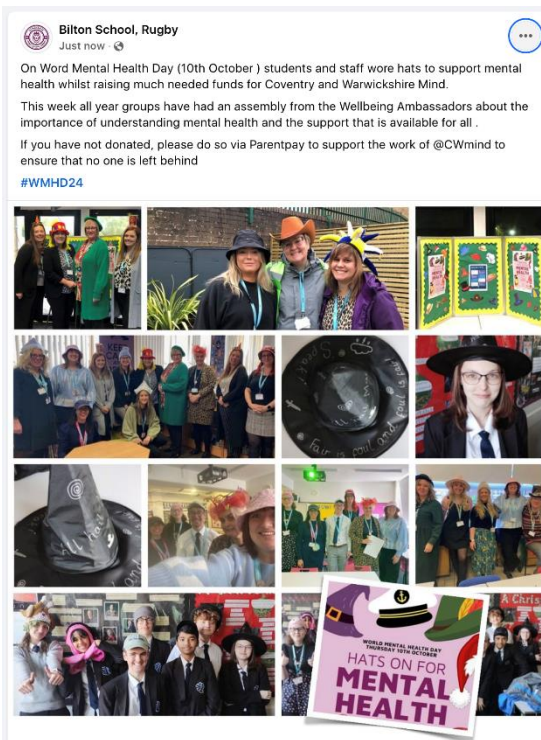
Winter Wellbeing Boost

DHL Rugby Gateway kindly supplied Boost Bars for a Winter Wellbeing "Boost" in school. Today our Wellbeing Ambassadors delivered Boost Bars to Bilton staff to give them ALL a Boost and thank them for all the hard work they do, day in and day out .





Our Wellbeing Ambassadors are also working with Cawston Grange to support their student wellbeing Programme and will be delivering sessions in the New Year to continue this partnership.





The Wellbeing Ambassadors recognise the importance of their own wellbeing and suggest these ideas to help their peers with their wellbeing:

Georgina – “I find reading helps me to calm down.”

Annasyl – “I listen to music because it helps me to relax.”

Elsie – “Going on walks in nature (without my phone) helps me to clear my mind.”

George – “Talking to good friends and family about my thoughts allow me to release any worries.”

Francis – “Regular sleep routine.”

Lerone – “Eating healthy food at regulated times and drinking water

Mariama – “Exercise allows me to clear my head and get rid of frustrations.”

Neyam – “Reading a good book with no electronic distractions.

Ruby – “Spending time with my dogs and giving them lots of cuddles.”

The wellbeing ambassadors would like to direct people to the Family Information Service Newsletter that is sent out by Warwickshire County Council that can help support wellbeing.

[This week's Family Information Service Newsletter - Tuesday 10 December 2024](#)

Click here for useful apps and websites for children and young people

[C4H Young Person Support | Linktree](#)

In addition, students have the support of their form tutors, heads of year and the pastoral team.

[The Student Voice Bilton](#)