

Wellbeing Newsletter

Welcome to our first Wellbeing Newsletter! It is our chance to update you on everything 'wellbeing' that is happening within the Academy. There have been a lot of initiatives and developments and we have a lot of plans for the future as well. If you have any suggestions or ideas about how we can improve wellbeing within the Academy or have any queries or concerns about wellbeing, then please get in touch using our dedicated wellbeing email address – wellbeing@ripon.outwood.com

#Hello Yellow

We recently recognised World Mental Health Day. Staff and students wore an item of yellow clothing to show young people that they're with them, that young people deserve to get the mental health support they need, when they need it, no matter what.

Launching in 2016, #HelloYellow raises money for Young Minds and all staff and students who took part were encouraged to pay £1 to go to this important charity, this contribution has been gifted to the charity.

We also had the Wellbeing in Mind Team, who had a stall to raise awareness of mental health and wellbeing, as well as promoting calming and grounding techniques to support our students' mental wellbeing.



Wellbeing @ OAR

Have you ever wondered how we support wellbeing at Outwood Academy Ripon – we have developed two documents that give you vital information about what we offer and how students can access support.

Our One Minute Guide is located in our 'Featured' posts on our Academy Facebook page.

[Facebook One Minute Guide](#)

Our longer document – 'Mental Health & Wellbeing Approach' can be found here: <https://www.ripon.outwood.com/posts/7115>

Student Wellbeing Survey

Before the summer holidays we undertook a student survey asking a series of questions about wellbeing and school life. The results gave us a good insight into life in the academy, as well as some ways we can support students going forward.

Unsurprisingly, the main thing about the academy that made our students feel good was their friendships with other students, with 60% of respondents highlighting this as important. Second to this was school trips at 14% so this is an area we are working to develop further – especially given the reduction of these during the pandemic.

Just as peers and friendships made them feel good, the area that was highlighted as something that didn't support their mental wellbeing is peer relation difficulties. As well as continued work through our anti-bullying ambassadors, we are recruiting student wellbeing champions who will be able to support their peers who are having these types of difficulties.

100 students answered that they would share their worries with their Learning Managers. Only 20 said they would share these with their form tutor who is the first point of contact for students every day – we have recently promoted to students that they can go to see their form tutor with wellbeing issues between 8.30am and 8.45am.

Finally, we asked for ideas on what we could offer to improve student mental health and wellbeing, the results included:



Understanding Your Own Trauma – Free Course

North Yorkshire Council provide free courses for children & families via the In Our Place website.

For those who have experienced trauma or who may be supporting a friend or relative to process trauma, Understanding your own trauma is a short online course designed to help learners to:

- understand the diverse nature and impact of trauma experiences
- learn effective ways to process trauma
- nurture resilience through healthy relationships
- understand more about emotional health and wellbeing

By following this course, individuals can gain the knowledge and tools needed to better navigate their personal journey and emotional wellbeing.

Course information:

- Created by experts in trauma and recovery as well as lived experience
- Private, self-paced learning. Available at any time
- Available on inourplace.co.uk from 10th October.
- Free for North Yorkshire residents using the code **NYfamilies**