



# The Dean Bank Journey

Theories into Practice




# Where we started

- I joined the school 3 years ago.
- HLTA- learning mentor- PSA/Mental Health and Wellbeing Lead.
- My role constantly evolved and changed.
- January 2020 we began working towards the Wellbeing Awards for Schools (WAS).



# Wellbeing Award for Schools

- Why try for this award?
- To evaluate where the school was at
- We felt we did a lot for wellbeing at our school until....
- Advisor set us straight. We were doing more than we realised.
- This sparked us into doing more.
- Created a “Change Team”
- Achieved the award Feb 2021 (With flying colours)



# What do we do for the children?

- Role - allows children time and designated person to talk to
- Room – gives children a space to come process their emotions
- Interventions – Connecting with Children, small group work
- Well being Buddies – peer support
- Voice – questionnaires, discussions, Change Team
- Well being Champions – Adult support
- PSHE lessons
- Staff training – going over the fundamentals
- Creating a whole school ethos



# What do we do for the Parents

- Role – PSA provides that bridge between school and home
- Website – specific area with information (work in progress)
- Phone – PSA has a specific phone
- Groups – pre and post covid
- Voice – questionnaires, on the Change Team



# What do we do for the Staff?

- Voice – Variety of staff on Change Team, Questionnaires
- Time - to talk, rant, vent,
- PPA – this can be taken from home
- Appraisals – all have a wellbeing section built in
- Activities – Not just going to the pub! Quiz nights, sports, fitness.
- Shout Out board – Praise success and kindness in all its forms
- Look out for each other.

How it works

Identify a staff member who has helped you out or you have seen being helpful in another person. Write a note and write down a name. Post it on the Shout out board.

# Staff Shout Outs!

Kat  
Congratulations on your baby  
from

- Thank you for always sharing a story
- Thank you for bringing my class the morning routine
- Well Done Sharon for supporting the children's first time at school
- Love the photos
- Thank you for always sharing a story
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Finally

- I do not know everything! We are not perfect!
- Be the change you want to see!
- Questions –  
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