



Feeling Good at Stockland Green School

Wellbeing Week Spring 2019

As the third Wellbeing Week draws to a close, students may be looking forward to a well-earned half term break. That is because we work hard but we also play hard at Stockland Green School. This week has been all about making 'positive choices' which has encompassed students discovering far more about their career choices and the world of work as well as supporting a series of international and national campaigns. Head student Reiss Munn commented, "Wellbeing Weeks have quickly become a well-loved part of life at Stockland Green. We know we are cared for and students appreciate the thought and time that goes into ensuring our wellbeing is always at the forefront."

Year 11 Wellbeing Carousel

Coming up to examinations can feel like a lot of pressure for our Year 11s and so their day of events was planned around positive mental health, yoga with Lis Sheridan from Sandstone Yoga and insanity fitness workouts. Students also had the chance to think about how they were feeling at this point in their academic careers and express this through art therapy. They also had a mindfulness session with our very own mindfulness expert, Mr J Venencia. Students enjoyed the day and appreciated the focus on their wellbeing both physical and mental.



Finding out about the future as well as ourselves: Year 9 & 10

Year 9 spent a day focusing their minds on what they wanted for their futures and how to get it. With in-house provision from a range of staff including Mrs Lee, Mr Crawford, Miss Ryan and Mrs Hill students were encouraged to think about student finance, university and apprenticeships as well as creating their own CVs and personal statements. Year 9 even got 'dramatic' in the workshop entitled 'Behaviour in the workplace' in which they considered professional conduct and responsibilities.

Meanwhile Year 10 had a plethora of sessions ranging from Apprenticeships and Post 16 pathways to mindfulness. Students were mature and focused in their sessions. Mrs M. Jeffers from the Department of Work and Pensions, who have been involved throughout the week in events commented, "It has been a delight to work with such mature and considerate young people. We look forward to returning for the summer wellbeing week!"



It's just the Stockland Green Standard!

Excellence in all we do is par for the course at Stockland Green: our students know our standard and know how to succeed. They also know that to really succeed you need to be a well-rounded individual who is able to add to their school community and one day become a citizen who is able to contribute positively to our society. Therefore, we believe that having the skills of compassion and empathy are paramount.



Empathy and Compassion: skills for life

Year 7 and 8 both received workshops from the St. John's Ambulance. These were hands on workshops in which students learned real life skills and practiced putting each other into the recovery position. Students also enjoyed the sessions about being a Young Carer from the YMCA. This

really got students thinking about what it means to care for others and consider how this impacts on lives for the carer and what sort of support they may need.

Year 8 students also took part in an exciting workshop with the John Taylor Hospice entitled 'The Compassion Workshop.' Students learned more about how it would feel to be fed or to feed someone, how to guide someone who couldn't see, how it would feel to have a hearing impairment. Through a series of thoughtful activities students, really engaged in 'putting themselves in the shoes of others.'

Looking after each other, and ourselves!

Years 8, 9 and 10 had a presentation from our local PCSO about County Lines, the horrifying criminal activity that preys on vulnerable youngsters. Students were appalled and shocked by some of the facts and information that was shared with them. This was further developed in English lessons where students were encouraged to think further about this issue.

Year 9 also had a presentation from the Reach Out project on Domestic Violence. In further workshops students were able to think about and articulate their thoughts about unhealthy relationships and being able to say no. As Joe Deans told them, "No always means no."



Real Encounters with Real Employers!

Year 8 enjoyed working against the clock to interview professionals from a range of career paths and using team work skills to deduce the jobs of each. Year 11 also had the chance to perfect their interview skills in a morning of interviews with carefully selected employers to ensure students were matched to an employer who had a similar area of interest and expertise.

Enriching experiences and opportunities for all

Red hand day was celebrated as 8RB performed an informative assembly for Year 7 who went away to create their own red hand pledges. In form time students thought about the rights of other children and how those of child soldiers are so cruelly removed.



A group of students also visited Stockland Green Methodist Church to celebrate book giving day. They spoke with members of the local community about their favourite books. Meanwhile other students took part in the book swapping activity to celebrate International Book Giving Day and others discovered the gift of a wrapped book in their English classrooms.



As a Rights Respecting School we believe we as staff (duty bearers) have a moral imperative to uphold the rights of our students (rights holders). Wellbeing Week is all about ensuring that students are nurtured to think about their own wellbeing and make decisions that will impact upon their own future success and happiness. We aim to provide space and time in which students can do that. We may be proud to say that we have the best examination results in Erdington and we aim to ensure we have the happiest students in the area too.

