



Staying Safe and Taking Care of Each Other!

Summer 2020

So we have been in lockdown for a while now and new ways of living takes a while to adjust to. Therefore it is important that you are kind to yourself, try your best and to think of others as well as yourself.

Good news... we achieved the Wellbeing Award for Schools!

Before we went into lockdown, ORA was visited by Optimus Awardplace to see how we as a school and sixth form have progressed and developed as a school in our two year wellbeing and mental health improvement strategy. We are delighted to announce that they were happy with the work completed and we have achieved The Wellbeing Award for Schools on Thursday 23rd April 2020. The award was developed by the National Children's Bureau and Optimus Education with the aim of recognising the outstanding work being done to promote mental health and wellbeing within school communities across England. The award is recognised by Ofsted and the Department for Education as a way to highlight schools who are going above and beyond to provide wellbeing care and support for their students, their families and staff.

We began our two year journey to achieve the award in 2018 with the creation of a driving team which comprised of staff, students, families and school Governor David Youngs. We felt it was important that we responded to and addressed the increasing research around mental health problems for young people. As we understand the importance of feeling secure and being mentally healthy are basic requirements for academic success and for every student to reach their full potential.

In several pieces of National Children's Bureau research many school leaders were seeing a dramatic increase in the number of students suffering from mental health and wellbeing issues. More than half (55%) said there had been a large increase in anxiety or stress, and over 40% reported a big increase in the problem of cyberbullying. Nearly eight out of ten (79%) reported an increase in self-harm or suicidal thoughts amongst students. We could not ignore this and needed to make sure that our students had the right support and tools for managing their wellbeing.

To achieve The Wellbeing Award for Schools, we needed to take an evidence based approach based on a whole school framework which included key performance indicators. During our process we asked for stakeholder feedback, analysed results and created key strategies to address areas of improvement. We have been able to establish multiple results and here are some to mention; the



Wellbeing Award
for Schools



creation of the Wellbeing Space which continues to be developed through student feedback, Peer Mentoring Support Programme through our 'Wellbeing Warriors', encouraging social action with the #iwill project with students groups such as 'Get Up Stand Up' and 'Pride' for building self-esteem and creating positive identities, regular communication to parents/carers through emails, texts, social media and website posts, new policies and procedures for staff to promote smarter ways of working.

We are proud of the collaborative work as we have seen a real impact on the values and ethos of our school in terms of mental health and emotional needs for all in our school community. We believe we have created a school culture which values the happiness and emotional welfare of all its members.

Year 8 First Give Social Action Project

Each year, our year 8 cohort will begin the 'First Give' project during the summer term within Philosophy, Citizenship & Ethics lessons. This sees our students working with local charities to help raise awareness of their work in the local community. This would have been our fourth year with the 'First Give' programme and each year we are astounded with the social action projects that our students create.

Due to the lockdown, First Give have adapted their face to face provision and have created Home Learning resources to inspire our students to help others. We at ORA believe that to help others is a fundamental strategy in promoting wellbeing and mental health as it lends well to the 'Five Ways of Wellbeing' promoted by the NHS, Mental Health Foundation and many other mental health services.



TALK & LISTEN,
BE THERE,
FEEL CONNECTED



DO WHAT YOU CAN,
ENJOY WHAT YOU DO,
MOVE YOUR MOOD



REMEMBER
THE SIMPLE
THINGS THAT
GIVE YOU JOY



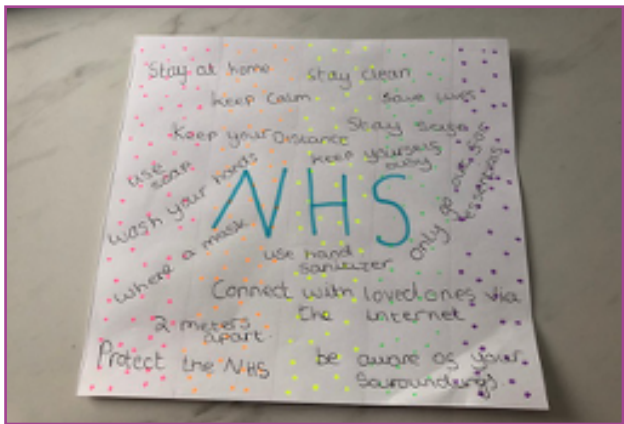
EMBRACE NEW
EXPERIENCES,
SEE OPPORTUNITIES,
SURPRISE YOURSELF



Your time,
your words,
your presence

Celebrating our NHS

We would like to share with you some of the fantastic work ORA students have undertaken during lockdown and also to thank Miss Blatch for leading this project with the year 8s via the Philosophy, Citizenship and Ethics (Religious Studies) google classroom.



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ora_pce For Harley's @first_give project, he focused on supporting the #NHS during this challenging time by raising awareness through his poster. Well done Harley! #socialaction #ora nhs

[View Insights](#) [Promote](#)

ora_pce Casey in yr 8 completed this mural outside her house for the @first_give project. She says 'I did it so if someone was walking or driving past they would see and smile or realise how much the NHS has done for us during this tough time!'

#socialaction #ora nhs #mural #muralart #nhsrainbow

4 minutes ago

'ChatHealth' - Messaging Service for Young People



ChatHealth



During these unsettling times, as a young person, you may be worried about your health and wellbeing and be unsure about how to get the help you need.

Our school nurses are still here to help - you can text them for confidential advice and support on a wide range of issues.

Young people aged 11-19 years old can send a text to: 07520 615731

We can help young people with all kinds of things like:

- Emotional health
- Relationships
- Self-harm
- Bullying
- Alcohol
- Healthy eating
- Drugs
- Smoking

Your ChatHealth messaging service is run by The Essex Child and Family Wellbeing Service and is available 9am-5pm Monday-Friday

We aim to reply to you within one working day and you should get an immediate bounce-back to confirm we received your text. Texts will not be seen outside of normal working hours. If you need help before you hear back from us, contact your GP, NHS 111 or dial 999 if it is an emergency.

'ChatHealth' - Messaging Service for Parents/Carers

During these unsettling times, as a parent of child aged between 5-19 year olds, you may be worried about your child's health and wellbeing and be unsure about how to get the help you need.

Our school nurses are still here to help - you can call/ text them for confidential advice and support on a wide range of issues.

Parent/carers of child(ren) aged 5-19, living in Mid Essex, can call the School Nursing Team on Phone: 0300 247 0014 9am-5pm Monday to Friday

Children/ Young people aged 11-19 years old (or parents/carers of 5-19 year olds) can send a text directly to:

Text: 07520 615731 9am-5pm Monday-Friday

We can help with all kinds of things like:

- Behaviour
- Continence
- Emotional health
- Self-harm
- Bullying
- Minor accidents and illnesses

Your ChatHealth messaging service is run by The Essex Child and Family Wellbeing Service and is available 9am-5pm Monday to Friday.

We aim to reply to you within one working day and you should get an immediate bounce-back to confirm we received your text. Texts will not be seen outside of normal working hours. If you need help before you hear back from us, contact you GP, NHS 111 or dial 999 if it is an emergency.

ORA's Wellbeing & Mental Health Google Classroom code

3kiaauz

Make sure that you join this Google classroom to find a range of support material on wellbeing and health ranging from YouTube tutorials, activity packs and useful contacts to help maintain positive mental health and wellbeing.

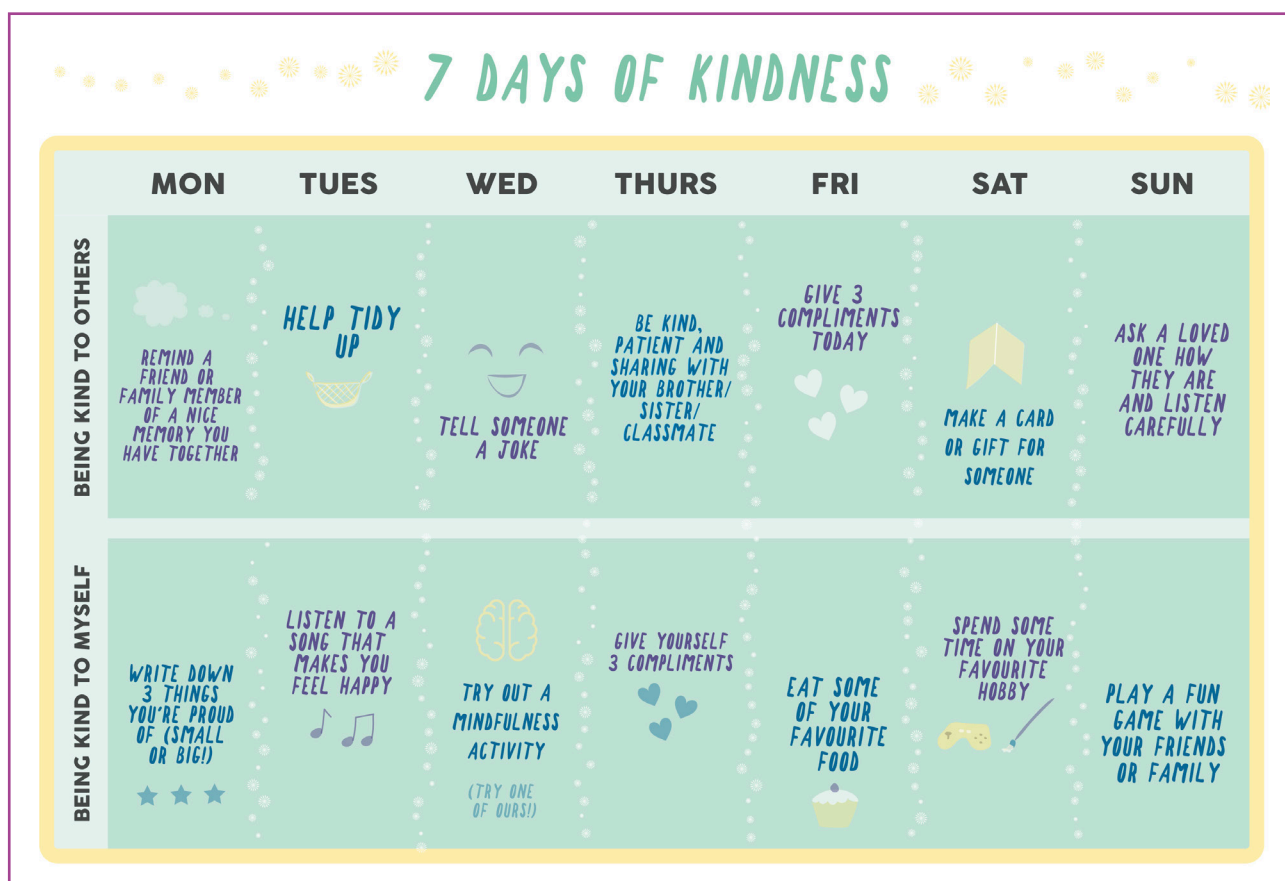
How can you cope with feeling angry?

BBC Bitesize video In this short video, a group of children describe what they do when they feel angry and how these strategies help them to calm down. Teachers should note that this video contains images of bullying and physical aggression, so this may not be suitable for more vulnerable children.















<https://www.bbc.co.uk/bitesize/clips/zb9g9j6>

Celebrating Mental Health Week - Seven days of kindness calendar

In celebration of Mental Health Awareness Week 2020 and the theme of kindness, we have produced a calendar which encourages pupils to do two acts of kindness each day – one for someone else and one for themselves



7 DAYS OF KINDNESS

	MON	TUES	WED	THURS	FRI	SAT	SUN
BEING KIND TO OTHERS	REMIND A FRIEND OR FAMILY MEMBER OF A NICE MEMORY YOU HAVE TOGETHER 	HELP TIDY UP 	TELL SOMEONE A JOKE 	BE KIND, PATIENT AND SHARING WITH YOUR BROTHER/SISTER/CLASSMATE 	GIVE 3 COMPLIMENTS TODAY 	MAKE A CARD OR GIFT FOR SOMEONE 	ASK A LOVED ONE HOW THEY ARE AND LISTEN CAREFULLY 
BEING KIND TO MYSELF	WRITE DOWN 3 THINGS YOU'RE PROUD OF (SMALL OR BIG!) 	LISTEN TO A SONG THAT MAKES YOU FEEL HAPPY 	TRY OUT A MINDFULNESS ACTIVITY (TRY ONE OF OURS!) 	GIVE YOURSELF 3 COMPLIMENTS 	EAT SOME OF YOUR FAVOURITE FOOD 	SPEND SOME TIME ON YOUR FAVOURITE HOBBY 	PLAY A FUN GAME WITH YOUR FRIENDS OR FAMILY 

For more tips for parents/carers and student please visit the Mentally Healthy School's toolkit which can be accessed here: <https://mentallyhealthyschools.org.uk/media/2035/coronavirus-dealing-with-effects-toolkit-5.pdf>

Useful Websites:

Childline

<https://www.childline.org.uk/>



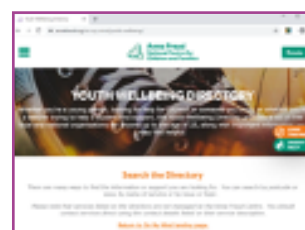
Young minds

<https://youngminds.org.uk/>



Anna Freud

<https://www.annafreud.org/on-my-mind/youth-wellbeing/>



Bullying UK

<https://www.bullying.co.uk/>



Healthy young minds

<https://healthyyoungmind-spennine.nhs.uk/>



Hub of hope

<https://hubofhope.co.uk/>



If you need to talk to someone at school please email