

## INTERNATIONAL BOYS SCHOOL COALITION

### MENTAL WELL-BEING: HOW THE WHOLE SCHOOL COMMUNITY CAN FOSTER HEALTHY BOYS

Discussion items:

What are the mental health issues your boys experience?

Are you seeing an increase in the number of cases and an increase in diversity of these issues?

What responses would you expect from your staff if you posed the questions 'what can we do to make your job easier?' and 'how can we make you happier at work?' Come up with 5 categories you would expect the answers to fall into.

## 5 ways to wellbeing ideas

### Staff

<b>Monday</b>  <b>CONNECT</b>	<ul style="list-style-type: none"> <li>● Additional Staff Tea and Coffee with Cakes!!</li> <li>● Make contact with someone you don't normally speak to at school (get your students to do it too). It could be a type of speed dating with 4 topics for each speed chat - Hobby, Hate, Hope, What makes you Happy</li> <li>● Wear a bit of blue to show your support for getting Connected</li> </ul>
<b>Tuesday</b>  <b>BE ACTIVE</b>	<ul style="list-style-type: none"> <li>● Staff vs Sixth Form Football and Netball matches during lunchtime as part of the CBACC: Charity Challenge (organised by 13.3)</li> <li>● Go for a walk around the field or Hervines at lunchtime</li> <li>● Make your next meeting a walking meeting, out in the fresh air</li> <li>● Wear a bit of purple to show your support for Being Active</li> <li>● <b>SIGN UP IN THE STAFF ROOM</b> - Drawing For All - To support "Taking Notice", come and join the Art Department after school to learn how to draw still life - there is nothing like drawing to help you really take notice and the drinks and snacks should help.</li> </ul>
<b>Wednesday</b>  <b>TAKE NOTICE</b>	<ul style="list-style-type: none"> <li>● NO PHONES DAY! See if you can manage 24 hours without using your mobile phone. Look at this video from Ted Talks - <a href="#">Why our screens make us less happy</a> - share it with with Forms/Divs during the week</li> <li>● Take time just listening to colleagues to gauge how people feel.</li> <li>● Wear a bit of orange to show your support for Taking Notice</li> <li>● Staff Tea &amp; Coffee - notice who is following today's colour with their clothes</li> </ul>
<b>Thursday</b>  <b>KEEP LEARNING</b>	<ul style="list-style-type: none"> <li>● Mufti Day for MIND - attend one of the main assemblies this week to learn more about Mental Health</li> <li>● <b>SIGN UP IN THE STAFF ROOM</b> - Try something new and good for your health and well being - Chair Yoga at lunchtime with Emma</li> <li>● Come along to the 6th Form Philosophy Society in W13 at 12:40 - 1:00 to be inspired.</li> <li>● Wear a bit of green to show your support for Keeping Learning</li> </ul>
<b>Friday</b>  <b>GIVE</b>	<ul style="list-style-type: none"> <li>● Donate to a food bank (whole school) organised by the prefects (Josh Jones) &amp; Chiltern Food Bank. There is a list of foods that they need and this will be in your pigeon hole by Friday 6 Oct and each form and div will be given a list. The items will be collected before school at the school gate, as staff and students walk into school.</li> <li>● Take the time to ask someone how they are and if they need any help with work or anything else.</li> <li>● Wear a bit of pink to show your support for Giving</li> </ul>

## Students

For one week only, if you have some coloured socks wear the different colours each day to show your support for the 5 ways to well being.

<b>Monday</b> <b>CONNECT</b>	<ul style="list-style-type: none"> <li>• Speak with someone you don't normally speak to at school- it could be a type of speed dating with 4 topics for each speed chat - Hobby/Hate/Hope/What makes you Happy</li> </ul>
Tuesday <b>BE ACTIVE</b>	<ul style="list-style-type: none"> <li>• KS4 Assembly - Speaker from MIND- Learning about Mental Health</li> <li>• Take part in a sports club this week</li> </ul>
Wednesday <b>TAKE NOTICE</b>	<ul style="list-style-type: none"> <li>• KS3 Assembly - Mental Health (Sixth Form) - Learning about Mental Health</li> <li>• NO PHONES DAY! See if you can manage to go 24 hours without using your mobile phone and just enjoy living in the real world for a whole day.</li> </ul>
Thursday <b>KEEP LEARNING</b>	<ul style="list-style-type: none"> <li>• 6th Form Assembly - Mental Health (Sixth Form) - Learning about Mental Health</li> <li>• Non-Uniform Day - Donations for MIND</li> </ul>
Friday <b>GIVE</b>	<ul style="list-style-type: none"> <li>• Donate to a food bank (whole school) organised by the prefects &amp; Chiltern Food Bank (Josh Jones &amp; Mr Deakin). You tutors will tell you what food to bring in.</li> </ul>

## Parents

<b>Monday</b> <b>CONNECT</b>	<ul style="list-style-type: none"> <li>• Call a relative you haven't spoken to for a while</li> <li>• No phones, TV or devices at dinner time - enjoy cooking and eating a meal together</li> <li>• Play a card game or board game together rather than disappear off into different rooms with your devices</li> </ul>
Tuesday <b>BE ACTIVE</b>	<ul style="list-style-type: none"> <li>• Do something active with your family - go for a walk, go swimming, go out on a bike ride or find a YouTube video of Yoga and do some exercises</li> </ul>
Wednesday <b>TAKE NOTICE</b>	<ul style="list-style-type: none"> <li>• NO PHONES DAY! See if families could manage to go 24 hours without using their phones.</li> </ul>
Thursday <b>KEEP LEARNING</b>	<ul style="list-style-type: none"> <li>• Go onto the Futurelearn website with someone at home and learn something new together - from the science of Nuclear Energy, Genealogy to How to start your own business - there is something for everyone.</li> <li>• Get your son or daughter to teach you something they learnt at school today</li> </ul>

Friday  GIVE	<ul style="list-style-type: none"><li>● Contribute to the collection at school for the Chesham Foodbank</li><li>● Call in on an elderly relative or neighbour to see if you can help with any odd jobs</li></ul>
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References:

[Nick Marks' work](#)

[Video explaining 5 ways to wellbeing](#)

[MIND Workplace wellbeing index](#)