

## Wellbeing @ The Wren

During the current school lockdown, our aim is not only to provide high quality online learning, but also to safeguard and look after the wellbeing and mental health of our students. Communication and student engagement in school activities is of vital importance to ensure good wellbeing. As a school the following is in place for your child:

- **Morning Registration Session with the Student's Form Leader** - This is on Microsoft Teams from 8.50am – 9.20am. Morning activities are provided and the chance to chat live to the form leader and ask any questions or raise concerns.
- **Weekly Student Bulletin** – This is sent to all students every week on Microsoft teams. In this there are key messages regarding online learning, wellbeing tips, student challenges and a message from Mr Salberg.
- **Weekly Whole School Assemblies** – these will be sent to all students on Microsoft Teams with important messages from Senior Staff.
- **Contact from Form Leaders** – Form Leaders will monitor if students are logging into their morning registration periods. If not, then they will contact students and families by email and phone to check that everything is OK. Form leaders will also phone every family of their tutees by the 3<sup>rd</sup> February to speak to parents and students.
- **Contacting the school** – Students and families can contact Form Leaders with any concerns either by email or phoning the school

### Online support that can be accessed at home:

The following websites and Apps are designed to help and assist students to ensure their wellbeing is as good as it can be. We appreciate that anxiety levels may have risen due to the amount of time that students are spending at home, online work demands from school and social media use.

#### CALM

App for Mindfulness and Meditation. (Available on iOS, Android & Web)

#### Breathe2Relax

The relaxation app trains you on the “belly breathing” technique that has proven benefits for your overall mental health. (Available on iOS and Android)

#### Stress Check by Azumio

This app takes you on a deep breathing exercise to promote calmness and can bring your heart rate down in five minutes. The app provides instant feedback with breath and pulse monitoring and tracks long-term progress. (Available on Android)

#### Happify

The Happify app is a way to make a game of all the positive psychology tricks you know might work, but make you feel kind of silly when you actually do them. You'll start by taking a quick



test that assesses the areas of happiness you should work on. Then, you're presented with a few "tracks" that can help get you to your goals. (Available on iOS and Android)

### **SAM APP**

SAM is an application to help you understand and manage anxiety. (Available on iOS and Android).

### **PACIFICA**

Daily tools for stress, anxiety, and depression alongside a supportive community. Based on cognitive behavioural therapy & mindfulness meditation. (Available on iOS, Android & Web).

### **Thrive: Feel Stress Free**

When you log in it gives you different tips to help you relieve stress/anxiety. There are tabs for meditation, deep relaxation, self-hypnosis, and more. (Available on iOS and Android).

### **BASE**

An app designed to help manage stress and anxiety. By learning more about how and why we experience anxiety at different times and in different situations we can be less fearful. (Available on Android).

### **Smiling Mind**

Trying to incorporate mindfulness into your daily life? This app can help you launch into a regular practice of mindfulness meditations. (Available on iOS and Android)

### **Wysa Happiness Chabot**

Wysa helps to build emotional resilience by talking to you about your situation. Over 60 psychologists and 10,000 users have provided specific inputs to shape how Wysa helps them. (Available on iOS and Android)

### **I love Hue**

When you feel like you have no control, this app can help sooth you by creating simple visual harmonies from mosaic tiles. (Available on iOS and Android)

### **Anxious Minds**

Anxious minds are a charity that was set up by sufferers of anxiety and depression, to provide free support to all suffers of anxiety and depression. (Available on Android)

### **Worry Watch**

This journaling tool has a simple user interface where users can log instances of worry, fear, and anxiety. They can also add the outcome of each situation, which provides a comparison between expectation and reality that helps reduce anxiety over time. (Available on iOS)

### **What's Up? Anxiety App**

This app uses CBT and ACT (Acceptance Commitment Therapy) methods to help you cope with Depression, Anxiety, Anger, Stress and more. (Available on iOS and Android)

### WellMind

WellMind is your free NHS mental health and wellbeing app designed to help you with stress, anxiety and depression. The app includes advice, tips and tools to improve your mental health and boost your wellbeing. (Available on iOS and Android)

### Cove

Free, personal music journal to help you with your emotional and mental health. Trusted by the NHS. (Available on iOS)

### Reflectly

A personal journal and diary driven by AI to enable you to deal with negative thoughts, make positivity louder and to teach you about the science of well-being. (Available on iOS and Android)

### Happy Not Perfect

Backed by science, designed for you, Happy Not Perfect is your go-to place for everything you need to look after your mind in a fun new way. (Available on iOS and Android)

### Kooth

Kooth offers emotional and mental health support for children and young people aged between 11 – 24 years and is available up to 10pm every day. (Available on iOS and Android)