

Gwent Whole Schools Approach to Emotional Wellbeing

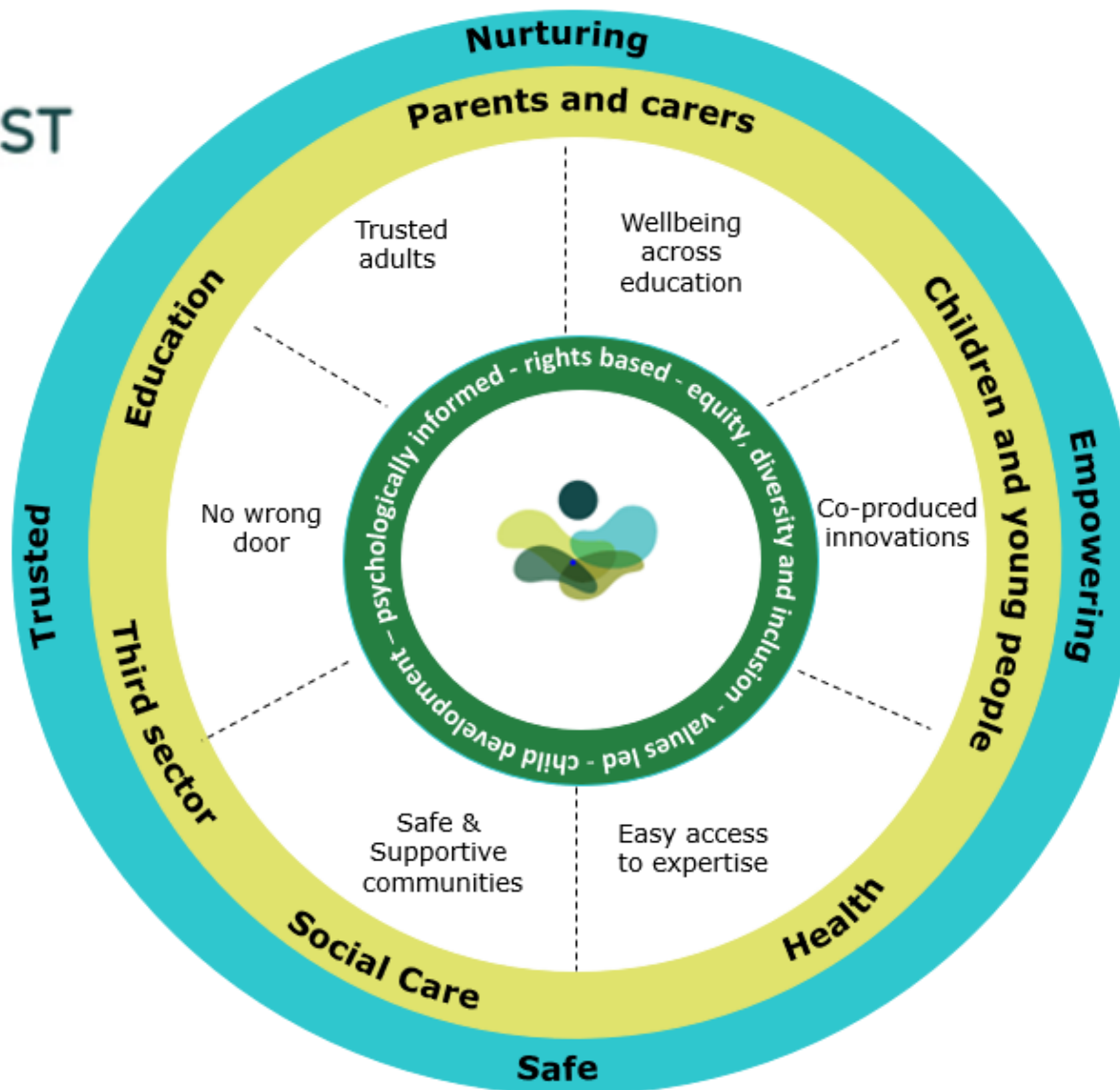
Creating the context for whole system change



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Whole Schools Approach
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The Gwent WSA Journey



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Phase 1

- Hearing the voices of school communities
- Formulation of project
- Collaborative agreement



Phase 2

- Spiral of Inquiry
- WSA team guidance and regular consultation
- Development of wellbeing plan and integration into school's SDP



Phase 3

- Engagement in Actions
- Maintenance of Spiral of Inquiry led by the school
- Connection with other support or specific training
- Open access to re-consultation with WSA when needed

What is a Whole School Approach for Wellbeing?



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Guiding principles of the Gwent WSA team

- Positive engagement with school communities - connection
- Creating collaborative partnerships
- Noticing good practice
- Hearing all voices
- Understanding communities as unique
- Building on opportunities
- Using curiosity as a driver for change





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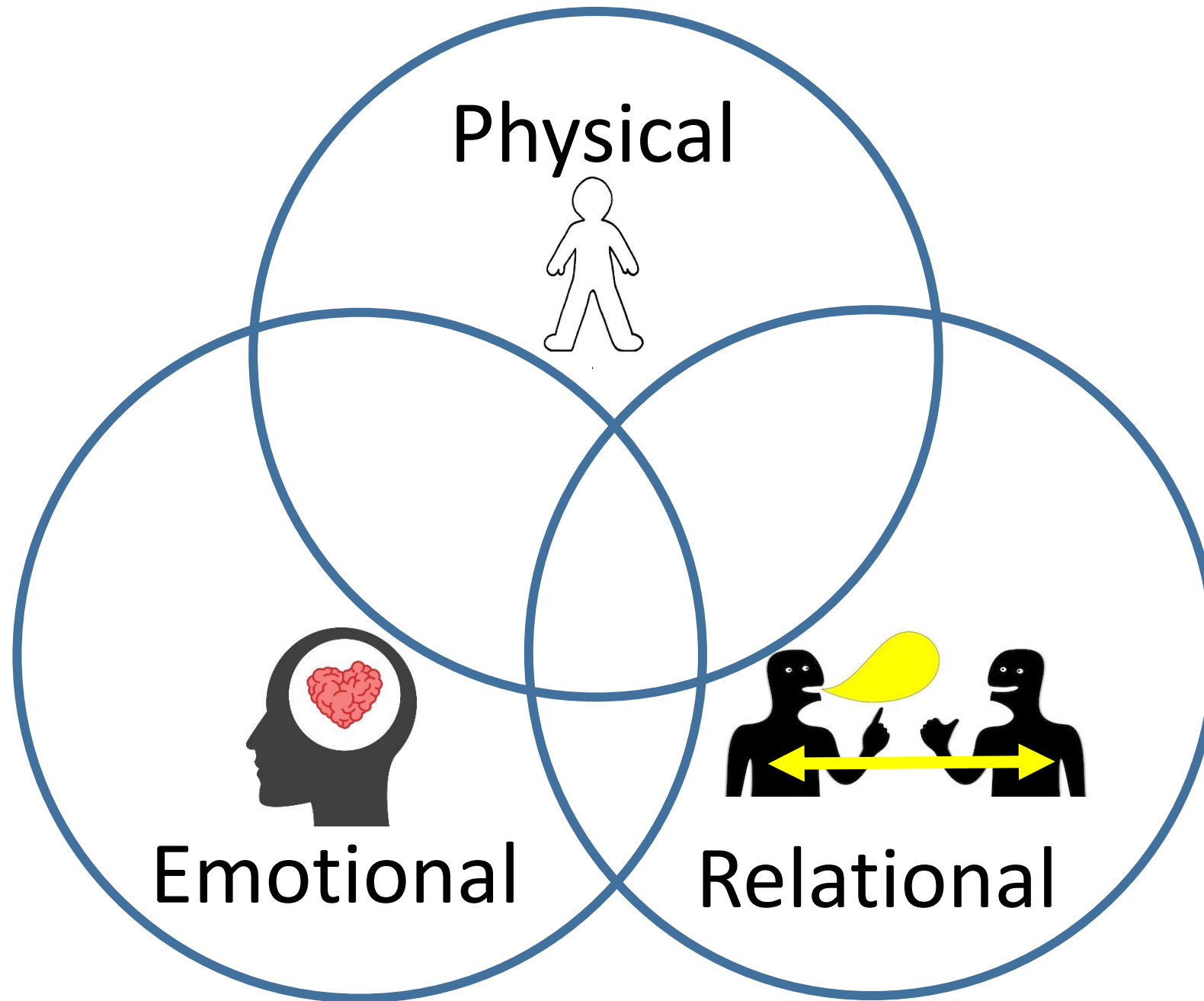


"I know somebody cares about me because when I fall over, somebody helps me and will take me to Miss. If somebody falls over, I help them."



"I fell on the ground, and all of my friends were making sure I was okay. Although the pain was bad, it was brought down a bit by the comfort that my friends gave me."

Safety



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Safety



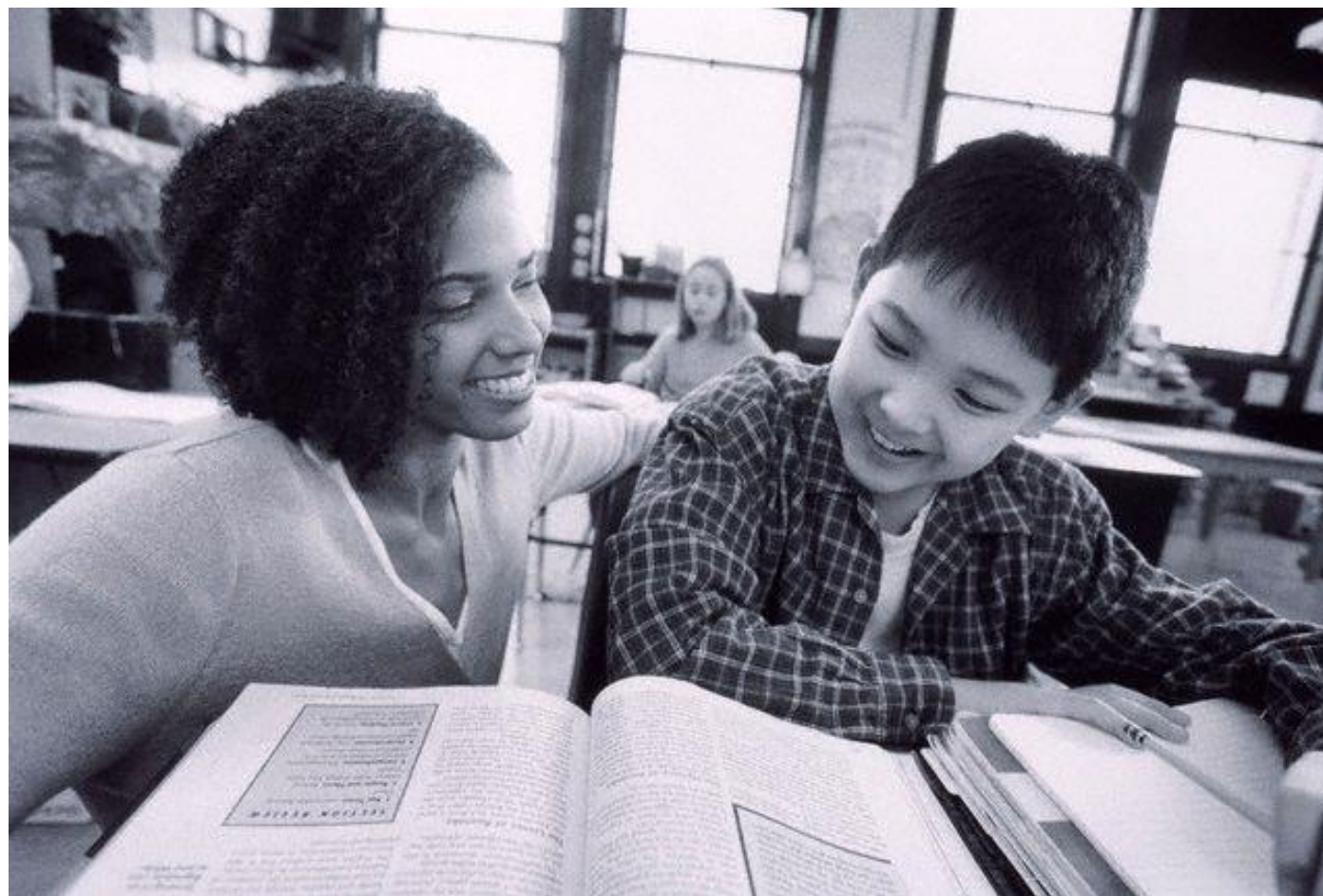
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Love and care



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Love and care



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Belonging



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"There's over 500 people in this school and I still felt like I was one of the important ones when I had the attention."



"It feels like a family to me."



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Efficacy

I can do anything



Efficacy



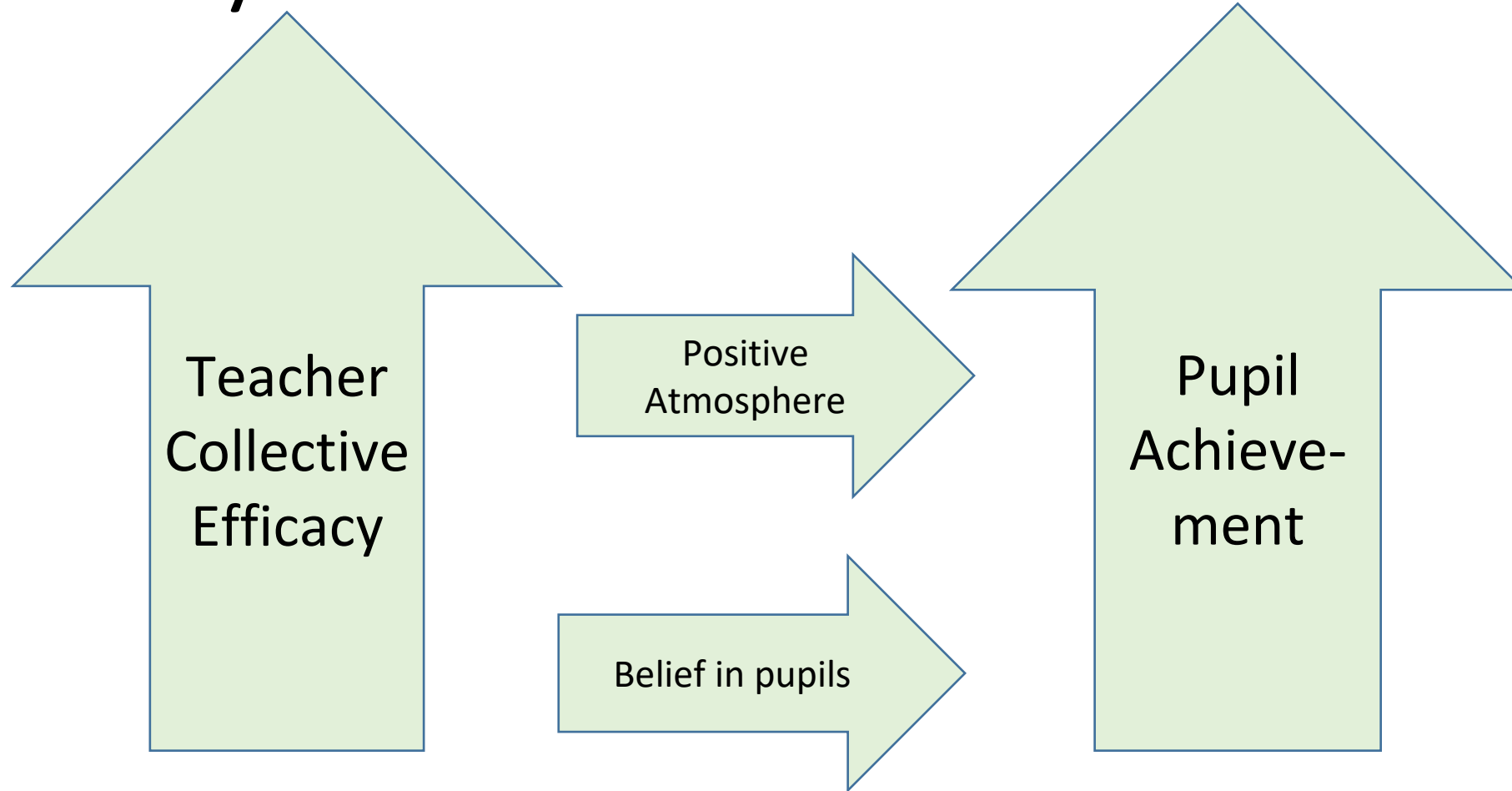
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Efficacy



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Agency



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“It means that I can make an impact on this school, so that when I leave this school, I’ll know that I’ve changed something.”



“When I was chosen as a digital lead I was really happy because I like to do loads of stuff at home on computers. When people are stuck on the Chromebooks I can go and help them.”



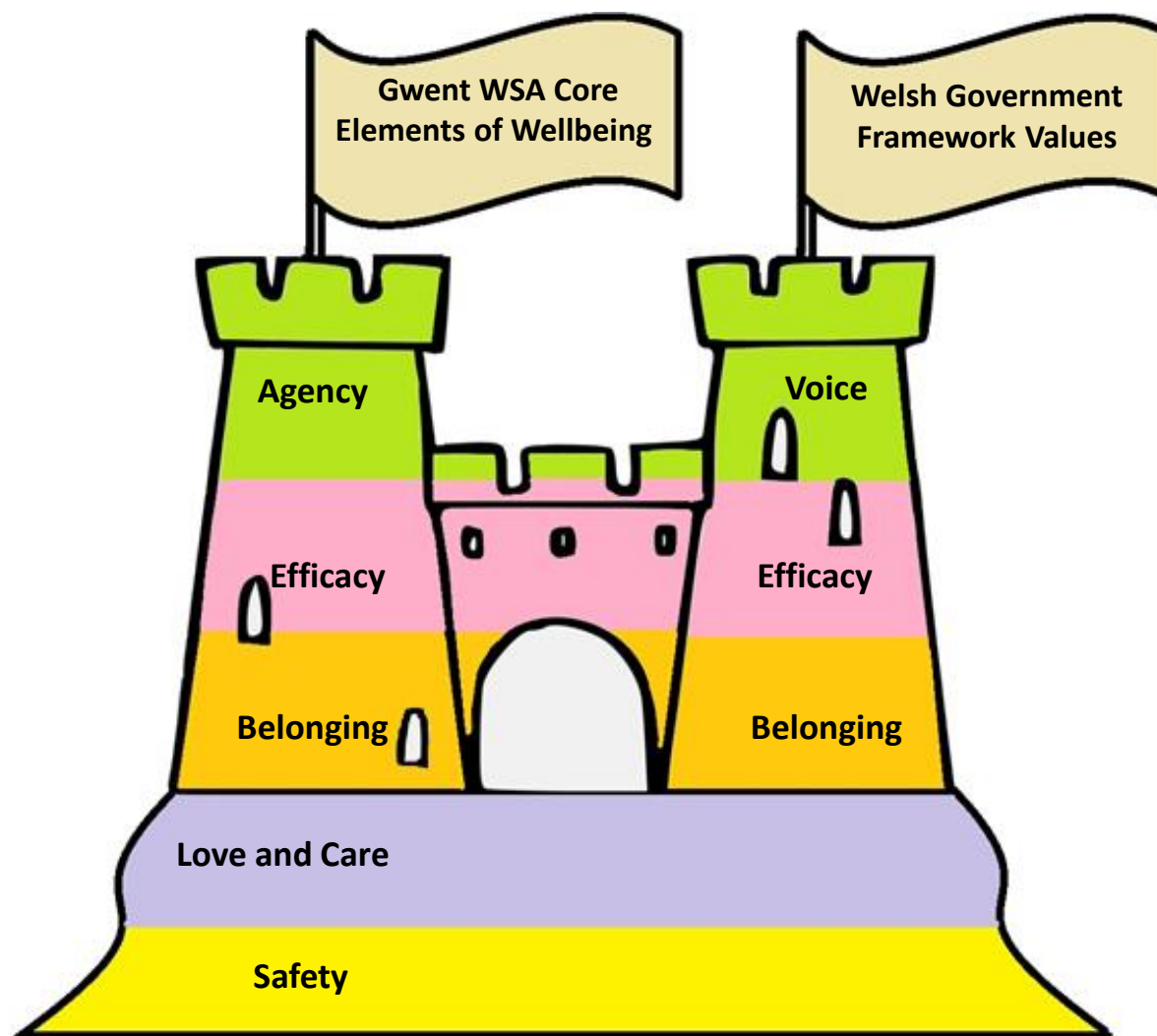
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Components of wellbeing

Safety	Agency	Efficacy	Love	Belonging
Predictability, familiarity, structure and safe bases	Having a voice that you believe will listened to within your community	Believing in your ability to have positive control over your motivations, behaviours and social environment	Knowing that the other members of your community care about you	Feeling truly connected to your school community
Feeling physically safe	Feeling heard		Having your needs noticed	Being somewhere where you have meaningful relationships with others
Feeling emotionally safe	Being noticed	Feeling supported to achieve your goals	Being in a community that offers you emotional support and warmth in interactions	Feeling as though you are part of something
Feeling relationally safe	Feeling valued	Having your goals encouraged and nurtured		



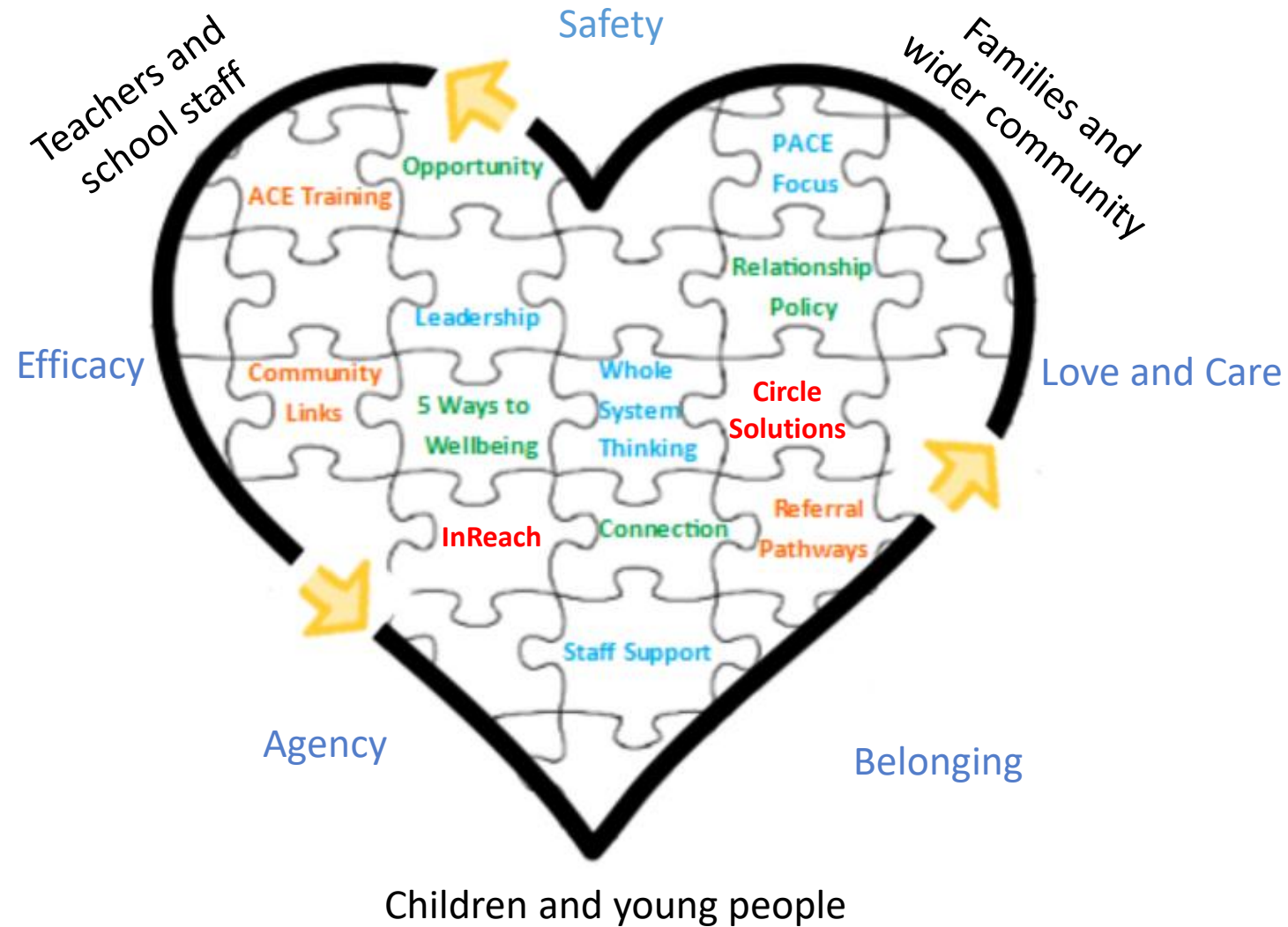
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The Gwent WSA Vision



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Glan Usk learning burst



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Why?
Our mission is to:
Excite, Challenge, Empower

Our visionary principles:
We make learning irresistible
We strive for equity and excellence
We nurture our community

JJ
J Jones (St Julians...)
+16

The value of inquiry-based learning



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“Creating the conditions in schools and learning settings where curiosity is encouraged, developed and sustained is essential to opening up thinking, changing practice and creating dramatically more innovative approaches to learning and teaching” (Timperley et al. 2014)



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Why a Spiral of Inquiry

“Innovation floats on a sea of inquiry and curiosity is a driver for change”

Timperley et al., 2014

Three Big Questions

**What’s going on for
our community in
relation to wellbeing?**

How do we know?

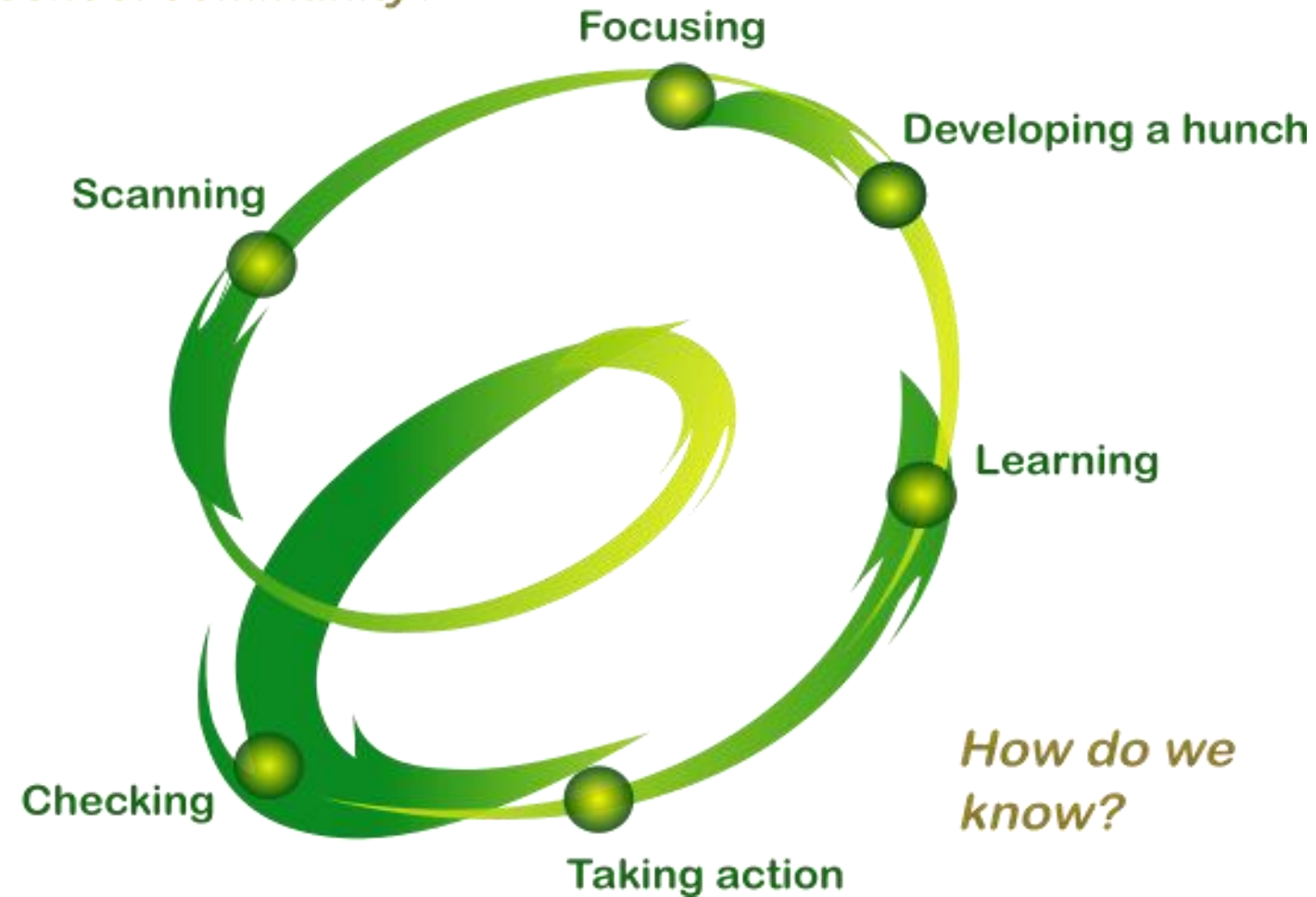
Why does it matter?

Spiral of Inquiry



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*What's going on for
members of our
school community?*



Headlands



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Why a Spiral of Inquiry

Welsh Government
Framework Steps



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How does an inquiry model support a joined-up approach to support mental health and wellbeing?

- Spiral is based on community's unique needs
- Partners collaborating to learn about wellbeing needs of the community
- Partners joining to support 'learning' phase
- Partners joining to support 'taking action' phase



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Gwent WSA Feedback



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I think this should be the way that
all schools undertake
their evaluations, not just
Wellbeing. Well done to you and
the team, this will be a resource
that Wales can be proud of.”

It's the little things...



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