



LGS
STONEYGATE

Wellbeing Support Guide For Pupils, Parents & Carers

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Our Wellbeing Ethos

Our Wellbeing is a complex and fragile combination of mental, physical, social and emotional health elements. These elements are closely interconnected and impact each other in both positive and negative ways. We often find that when one element is impacted negatively or positively, we experience a domino effect on our overall wellbeing. Our wellbeing is a continuum, so to ensure that we are thriving positively we need to take care of all four elements.

Wellbeing is at the centre of who we are at LGS Stoneygate. Our Core Values; Caring, Creative, Committed and Curious encourage our young people to explore who they are and who they want to become in the future. We pride ourselves on providing positive opportunities for individual exploration and in supporting our young people in leading an authentic and meaningful life. However, we understand that life comes with challenges that can leave us feeling isolated, overwhelmed and struggling to cope.

Our Wellbeing Support Guide aims to provide our pupils, parents and carers with simple wellbeing tips, including internal and external wellbeing support services.



Six routines to

Maintain Positive Wellbeing

01

**Prioritise
Your Sleep**

02

**Exercise
Regularly**

03

**Eat A
Healthy
Diet**

04

**Practice
Selfcare**

05

**Drink
Plenty Of
Water**

06

**Make
Meaningful
Connections**

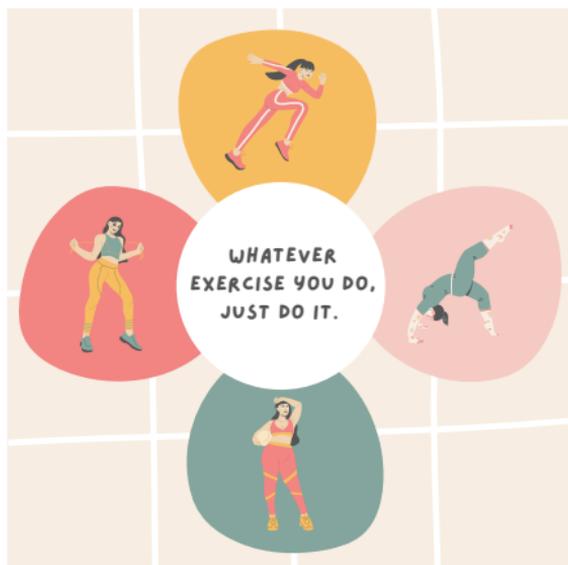


Wellbeing Routine

The Little Things Add Up

Exercise

Looking after our bodies is good for our minds – they're connected! Daily movement of any kind is scientifically proven to keep our minds and bodies healthy. When we exercise, our bodies release happy hormones called Endorphins that help us to concentrate, relieve stress and help us to sleep better too. Be creative, make it fun and achievable. Whether it's 10 minutes walking your dog, playing football with friends or dancing to your favourite songs.

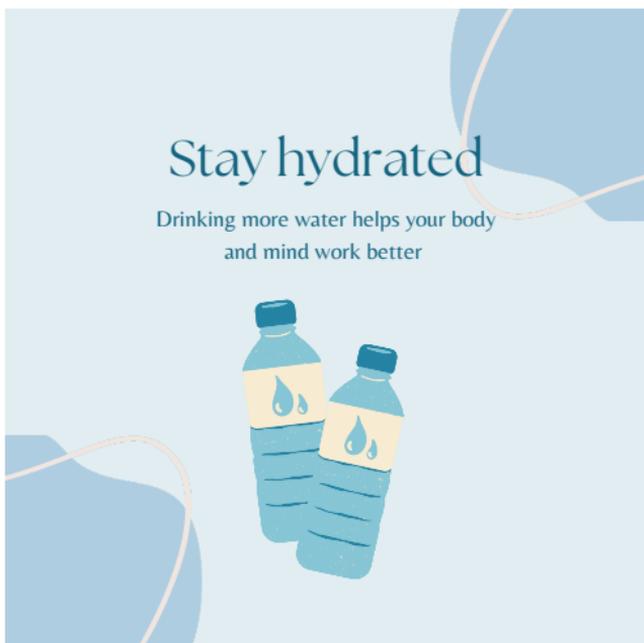


Wellbeing Routine

The Little Things Add Up

Healthy Diet & Hydration

An unhealthy and unbalanced diet can cause us to experience low mood, irritability and low self-esteem. Eating a healthy diet, staying hydrated and eating at regular intervals helps to manage and regulate our emotions effectively.



Wellbeing Routine

The Little Things Add Up

Sleep

Sleep is important for young people as it supports physical and mental development. The effects of sleep deprivation on our wellbeing are; low mood, irritability and increased stress.

Young people should aim to get 8 - 10 hours sleep each night. Maintaining a nightly sleep routine is an effective way of ensuring that getting to sleep becomes easy.



Wellbeing Routine

The Little Things Add Up

Self-Care

Self-care is the practice of listening to our feelings, understanding what we need and responding accordingly. Self-care is unique to each of us, varying from positive self-talk, to watching a movie or being creative. It can be anything that has a positive effect on our mind, body and soul.



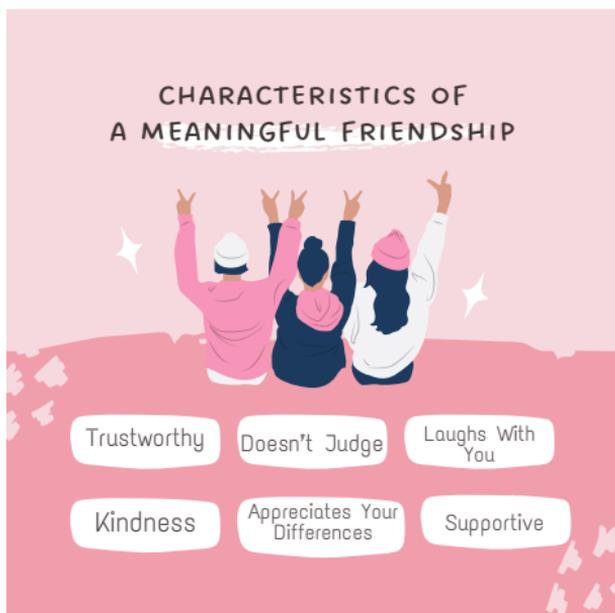
Wellbeing Routine

The Little Things Add Up

Make Meaningful Connections

Having a positive support network of family and friends is crucial in maintaining wellbeing. Meaningful connections provide young people with purpose, identity, self-esteem and a safety network of support when things go wrong.

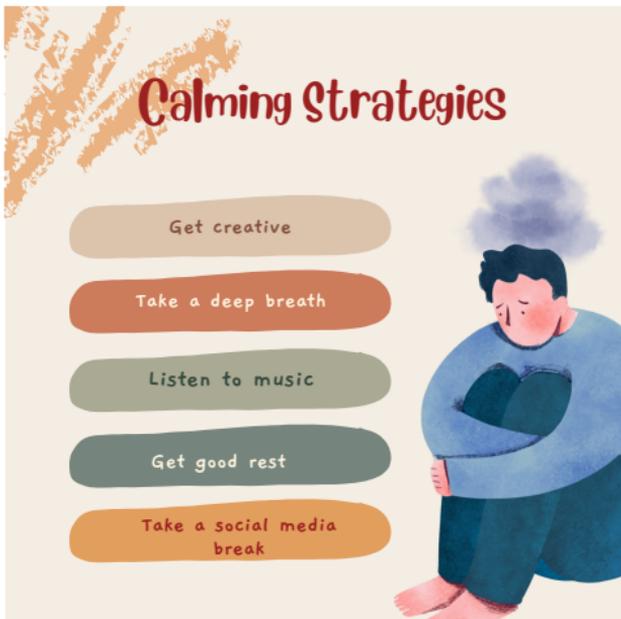
Positive relationships provide us with validation, laughter, understanding and peace of mind.



Wellbeing Top Tips

Learn Your Healthy Coping Strategies

When we feel stressed it's important to find healthy coping strategies that allow us to release negative emotions. Our coping strategies are unique to us all and can vary from spending time with loved ones, to breathing techniques or listening to music.



Wellbeing Top Tips

Focus On What is in Your Control

All of us worry, but sometimes our worries become overwhelming. By focusing only on what is inside our control reduces our level of worry and empowers us to make positive and achievable changes.

Try creating your own 'circle of control' to help you focus on what is inside your control and let go of what is outside of your control.



Wellbeing Top Tips

A Positive Mindset

Having a positive mindset encourages us to see challenges as opportunities to grow and to learn. Young people who have a positive mindset are more likely to achieve their goals than those with a negative mindset.



Wellbeing Top Tips

Ask for Help

Talking to a trusted adult who allows us to feel safe and accepted is the best step you can take in looking after your emotional wellbeing. Use this space to help guide your trusted adults to understand and support you.



FOR BETTER OR WORSE



When I feel upset, these are 5 things that make me feel better:

1. _____
2. _____
3. _____
4. _____
5. _____

When I feel upset, these are 5 things that make me feel worse:

1. _____
2. _____
3. _____
4. _____
5. _____

Wellbeing Top Tips

IT IS OK TO...

BE WHO YOU ARE

NOT KNOW EVERYTHING

SAY NO

HAVE BAD DAYS

NOT BE OK

MAKE MISTAKES

START OVER

ASK FOR HELP

Starting A Sensitive Conversation

A Guide for Parents & Carers

When a young person needs to talk, they can often find it difficult for fear of being judged, ignored or reprimanded. Helping them to feel supported in starting these conversations is vital in supporting their emotional wellbeing. These conversations can be difficult for adults too, here are a few top tips to guide you.



Wellbeing Support at LGS Stoneygate

If you would like emotional wellbeing support please speak with your **Form Tutor**, or a trusted adult.

If you feel unsafe or are concerned for someone else's safety, contact our **Pastoral Deputy Head** or use **Anonymous Voice** which is installed on all school PC's.

Form Tutor



Deputy Head (Pastoral) - Mr K Robinson:

RobinsonK@lgs-stoneygate.org.uk

SENDCO - Mrs C Charles:

CharlesC@lgs-stoneygate.org.uk

Wellbeing Mentor - Charlotte Wright:

WrightC@lgs-stoneygate.org.uk

School Nurse - Mrs C Russell:

RussellC@lgs-stoneygate.org.uk

School Nurse - Mrs Andrea Eid:

EidA@leicestergrammar.org.uk

Chaplain - Mr P Millward:

MillwardP@leicestergrammar.org.uk

Relate: We offer counselling support – please speak to our **Pastoral Deputy Head** for further information.

Safeguarding Support at LGS Stoneygate

Do you need someone to talk to or are you worried about someone?

We are here to help and listen.



Mr Robinson
Deputy Head Pastoral
Designated Safeguarding
Lead



Mrs McCullough
Headmistress
Deputy Designated
Safeguarding Lead



Mrs Ashwin
Deputy Head Academic
Deputy Designated
Safeguarding Lead



Mrs Brown
Year 3 Teacher
Deputy Designated
Safeguarding Lead



Mrs Balchin
Reception Teacher
Deputy Designated
Safeguarding Lead



Mrs Wright
Well-Being Mentor
Deputy Designated
Safeguarding Lead

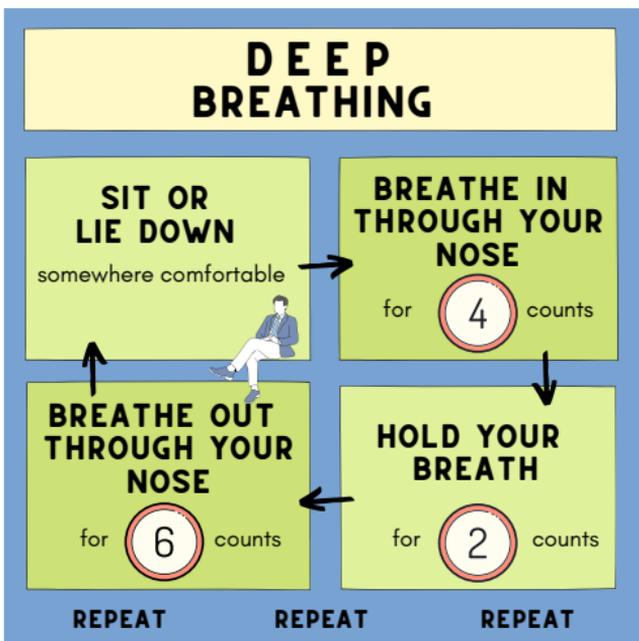


If you're worried about online abuse or the way someone has been communicating online, let CEOP know.

External Mental Health Support Services and Resources



For further wellbeing support please use our QR code above.



**‘It takes
courage to
grow up
and become
who you really
are’**

E. E. Cummings