

# Be Well @ Pennthorpe

"The RISE programme has helped me understand how important it is to look after my mental health and wellbeing. I'd never really thought much about it before." Year 7 pupil

"I love my Champion sessions because my teacher really cares about how I am feeling and I can talk about my problems." Year 5 pupil

"I suffer really badly from anxiety and negative thinking. Working with Mrs Vernon (school counsellor) has given me some strategies I can use to help me manage it." Year 8 pupil

"The Be Well @ Pennthorpe programme supports my child hugely with their wellbeing. They know who they can talk to if they have a problem and they are being taught how to look after their own wellbeing, which is great and something I never got at school! It's great that they know it is ok not to be ok. Wellbeing and happiness really are priorities at the school." Parent

## Roots, Shoots & RISE

Wellbeing strands underpin the entire curriculum from EYFS - Y8, fundamentally developing mental and emotional robustness in our children.

## Build Knowledge & Understanding

Our children develop the tools they need to manage their own emotions and cultivate good habits.

## Reflect & Seek Advice

Our children have numerous outlets to reflect upon their qualities, strengths, weaknesses and personal goals, as well as allow them open and honest discussion on issues.

## Practice & Develop Further

Over their time at Pennthorpe the children have many experiential opportunities enabling them to gain confidence that their happiness and wellbeing is authentic and sustainable.

"The wellbeing curriculum at Pennthorpe has really helped my daughter grow in confidence and understand herself better." Parent

"I always know there is someone at school I can talk to if I have a problem." Year 4 pupil

"I love the Pennthorpe Pulse. It's great advice and I tune in every week for my wellbeing fix." Teacher

"The Tea and Talks are fabulous. It's great to be able to learn about ways we can help our children stay happy and positive. It's also good to talk to other parents about things as you don't feel so alone." Parent



PENNTHORPE