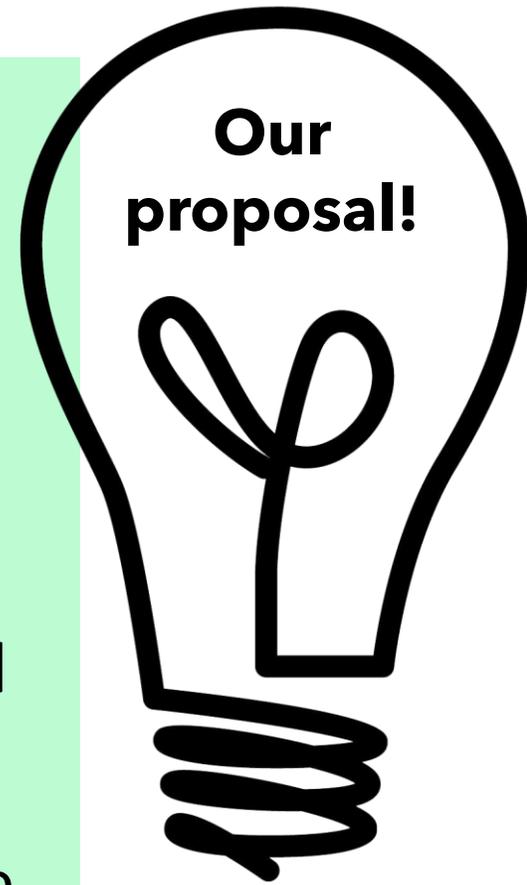




We want to improve the wellbeing and physical health of our Y7s by redeveloping our Y7 yard / outdoor area at school.

We want to make our yard more inclusive, fun, engaging for the whole of Y7 at St. Joseph's. This will help contribute to making a supportive and inclusive school environment for all, and it will ease the transition from primary to secondary.



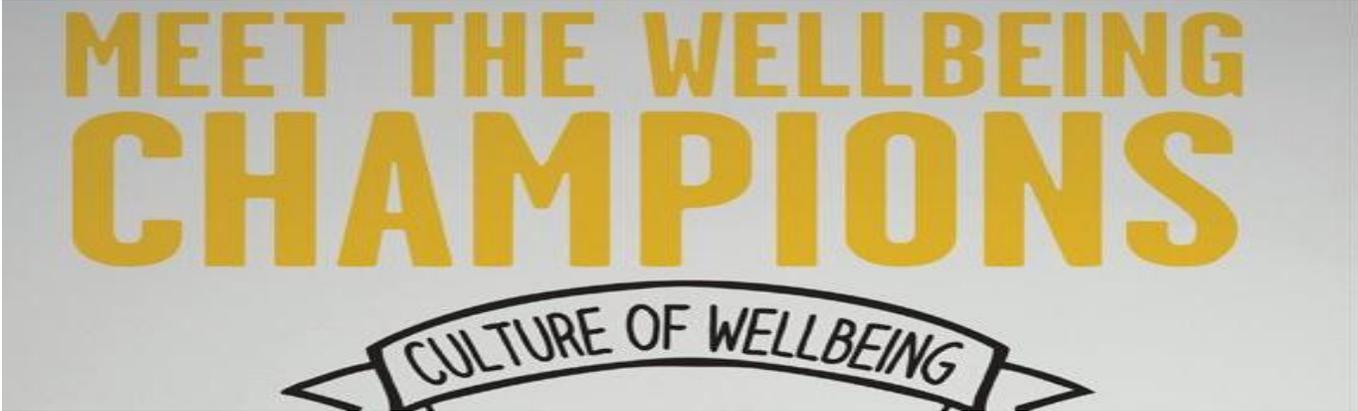
WELLBEING TEAM

Our fabulous Year 9 Leaders!

*We are stronger
TOGETHER*



WELLBEING TEAM



Meet our team!





Roles!...Who has been doing what and why?

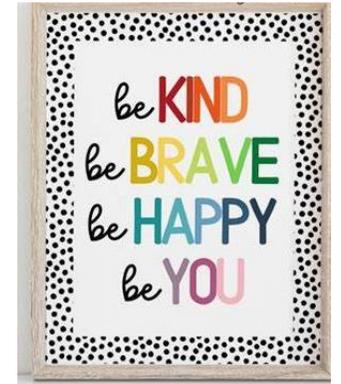
Team
Leaders

Researchers

Ideas
organisers

Budget
planners

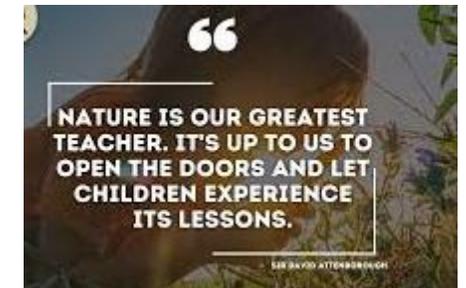
PPT
Creators



Did you know....

Facts about wellbeing, active health and the connection between them....

- 1 in 5 children in England struggle with their Mental Health
- Building connections, relationships, friendships and sense of belonging is key to helping improve children's mental health – playing is one way to help build this!
- Exercise enhances mood and self-esteem while decreasing stress tendencies, a factor known to aggravate mental and physical diseases later in life – a more interactive play-ground would help this.
- NHS studies show that people who exercise regularly have a better frame of mind.
- The EEF (education Endowment Fund) found that playing outdoors in nature and playing games outdoors promote positivity and resilience - leading to better wellbeing.



These are our long term goals!

Support: *Today 1 in 5 Children and young people struggle with their mental health. We want to promote wellbeing, healthy living and healthy lifestyles from the minute our students join our school, and even before if we can!*

Healthy Habits: *Our project will encourage students to adopt healthy habits such as playing together, having conversations and talking openly and supporting their peers. These are all great for wellbeing!*

School Performance: *Research shows that students who are emotionally and physically healthy tend to get better results! By promoting wellbeing and healthy lifestyles, our project will help help improve end grades too.*

Creating Supportive Environment: *Our goal is all about promoting an inclusive environment! Our Y7s deserve the opportunity to have the chance to feel like they have contributed to, and been involved in a great, sustainable project. The aim is to help foster a supportive and inclusive school environment where students feel safe, valued, and respected whilst also having fun and enjoying the break times at school. This should mean that students feel connected, a sense of belonging and that they have made a positive difference, daily.*

Life Skills Development: *Playing is a great way to develop essential life skills such as resilience, emotional intelligence, and conflict resolution. These skills are not just for school.. they are for happy life!*

Community Engagement: *We have surveyed our fellow students in many ways, which means that they have helped collaborate with our team. If we listen to our fellow students we will hopefully develop a sense of ownership which will help encourage everyone to feel involved, and therefore help to look after this area long term*



Our project will help to tackle the following Millenium Development Goals...



Ensuring **environmental sustainability** by planting strawberries plants, and other plants /hedge rows in the Y7 area



Develop a global partnership for development



Eradicate extreme poverty and hunger



Achieve universal primary education



Ensure environmental sustainability

2015
MILLENNIUM
DEVELOPMENT GOALS



Promote gender equality and empower women



Promoting **Gender Equality** and empowering girls by giving equal chance to play in the playground as boys dominate the astro and girls feel they don't have a place playing football



Combat HIV/Aids, malaria and other diseases



Improve maternal health



Reduce child mortality

Reducing **child mortality** by promoting good physical and mental health of our Y7 students



Which areas will we focus on?



**Physical
and mental health**



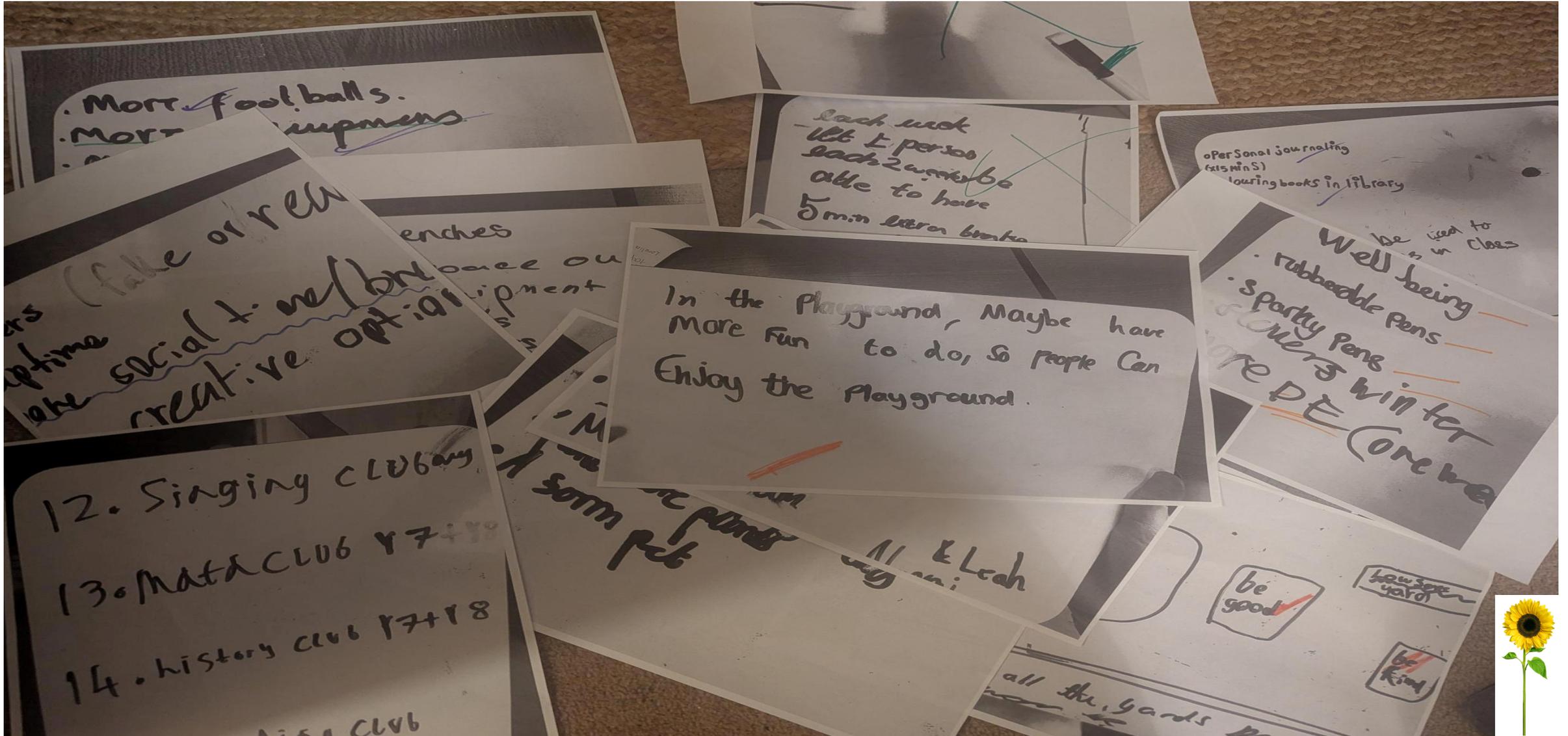
**Promoting
communication
and teamwork**



Inclusivity

Things we have done...

1) Invited the **WHOLE** of Y7 to an open meeting to share their ideas about how we can improve wellbeing.



More footballs



Let your smile change the world. Not the world change your smile.

EVERY DAY MAY NOT BE GOOD, BUT THERE IS SOMETHING GOOD IN EVERY DAY.

In all yards make a poster with kind quotes in the yards Playgrounds add equipment around school

A room to talk



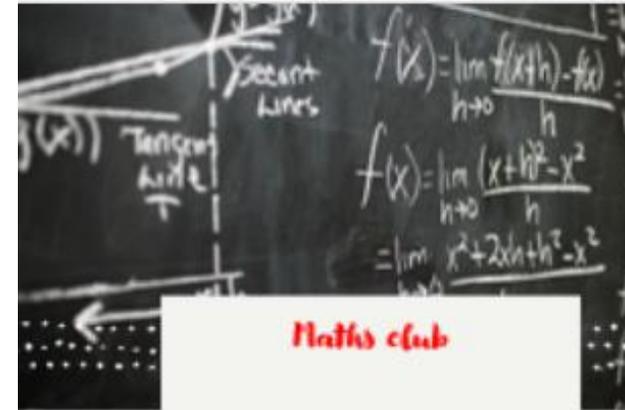
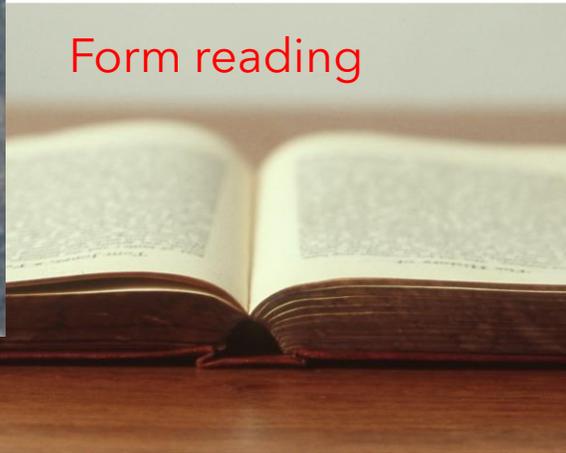
A bottle saying be kind



More color around school



Form reading



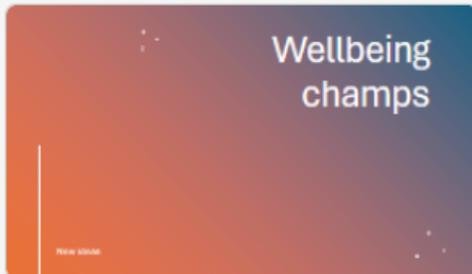
Chalkboard for every yard to encourage positive attitude



Singing lessons



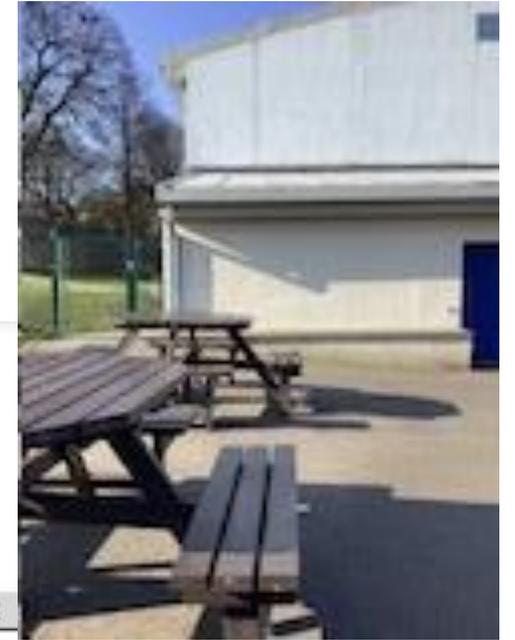
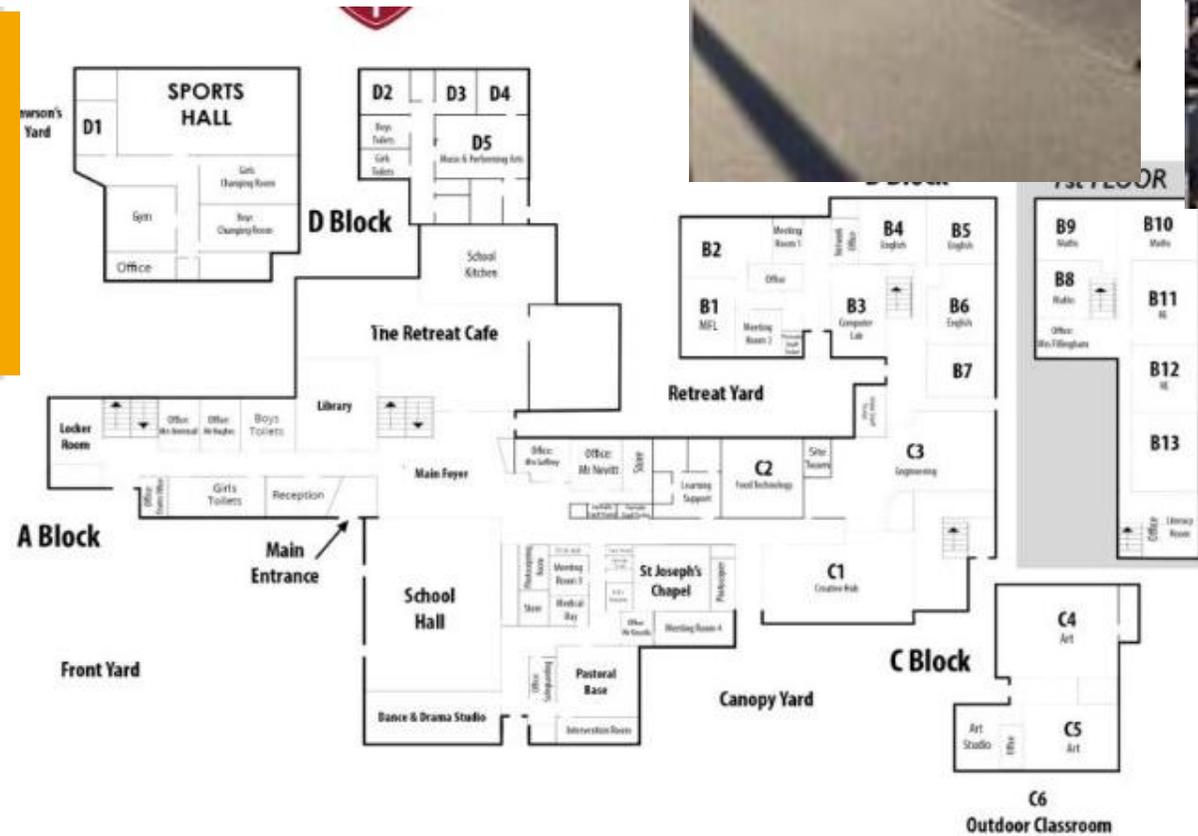
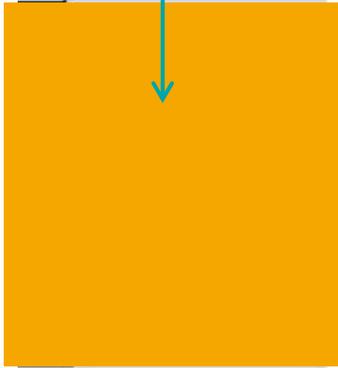
Wellbeing champs



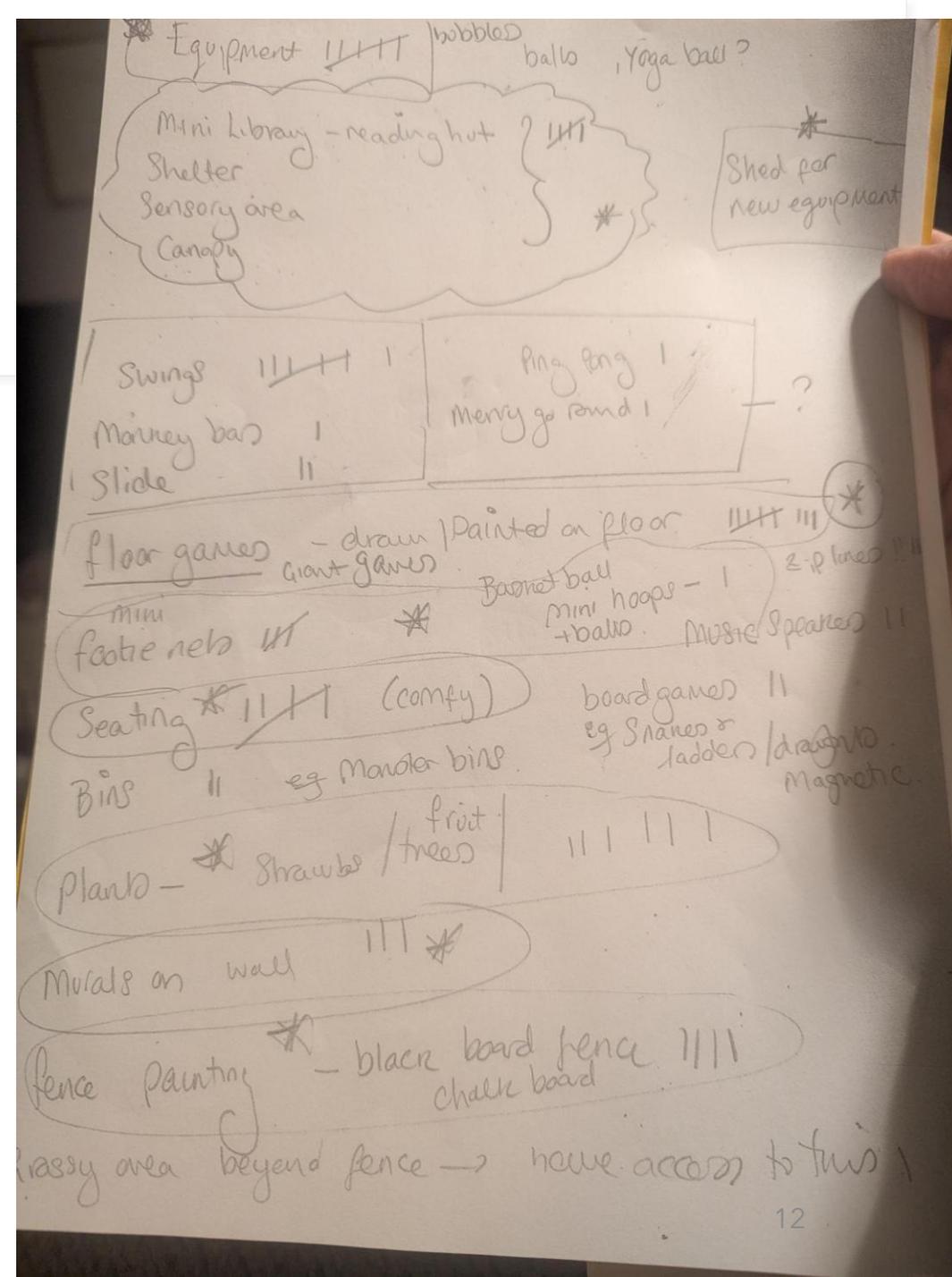
Improve the Y7 yard / playground for more play opportunity



This is the Y7 yard area



2. Our Y9s went into the Y7 yard at lunchtime to survey what children would like to see us focus on..



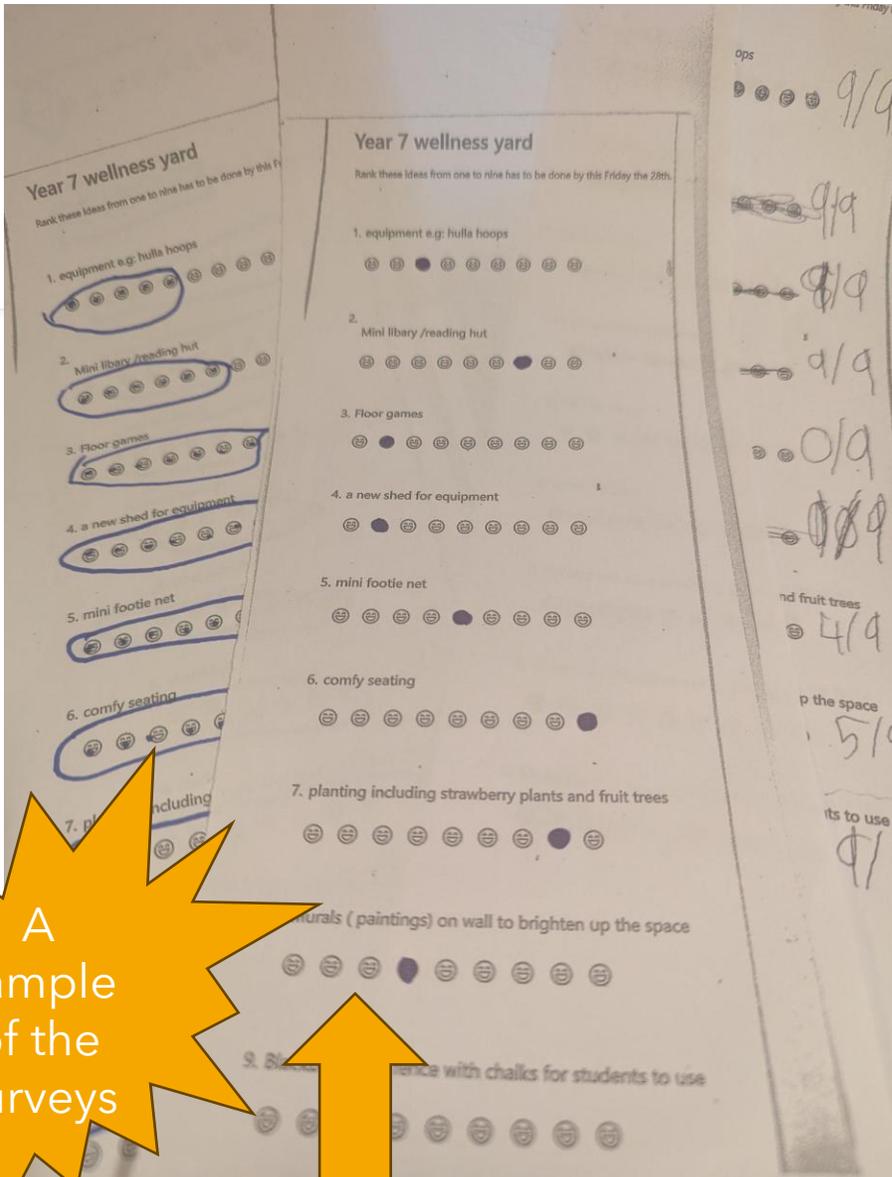
Some of the most popular ideas... in pictures!



**Our wellbeing
champions
collecting ideas
from the year
group at lunch
time 13/3/25**



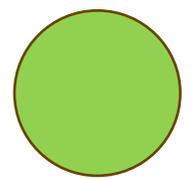
3. Whole year survey - ranking the top 9 ideas.



A sample of the surveys

The 6 most popular ideas were...

- Comfy seating-
- Planting areas, including strawberries / fruit trees
- Murals to brighten the area up
- Blackboard fencing
- Floor games
- Equipment/ storage



We decided to start off with we would spend the £100 seed funding on...



Play equipment - to encourage play right from the start of the good weather!

Wellbeing badges so everyone knows who we are!



If we are successful with our pitch, we plan to spend our money on the following things..

We will use our budgeting skills we have learnt in maths and through our school's financial capability days to effectively budget our funding money...

£40 Black Chalk paint and chalk

**£300 Grab and go seats/social benching/
outdoor cushions**

£300 Giant floor games

£50 Paint for painting tables

£70 for 2 x planters for strawberries and other plants

£100 Mini basketball hoop/ basketballs

£50 External paint and plywood for mural on wall

£90 Storage box for equipment (lockable)

= £1000



What do we need to do to complete our project?



NOTHING
GREAT
EVER CAME
THAT
EASY

To-Do List

Get out blog up to date!

Order the wellbeing badges

Order some play equipment / storage

- Raise awareness round school: each Y7 representatives to talk to other students in tutor time to gain feedback

- Speak to the art dept to help us make a mural / affirmations

- Speak to the care takers about putting up a mural / chalk board pannelling

Make some planters and get planting

Come up with Wellbeing riddle of the week and promote Wellbeing Wednesdays for the summer term

Arrange to get out into the primaries to help spread the word!

**Thank you so
much for
listening!**



**Any
questions?**

