

CORNWALL SCHOOLS' Wellbeing Hub

The Cornwall Schools' Wellbeing Hub is a legacy resource from the Lottery Funded Headstart Kernow programme. It aims to support schools in Cornwall to implement a **"Whole School, trauma-informed, relational Approach to wellbeing that is 'Everybody's Business'".**

Wellbeing Hub (Moodle)

Moodle platform to access on demand online training / webinar recordings.

SMHL network / forum (in development)

It is quick and free to sign up:

www.hub.headstartkernow.org.uk/

School Support Website

Find out about training / resources / self-reflection tools / good practice to support a Whole School Approach.

www.headstartkernow.org.uk

Young People's Website

A website created by young people in Cornwall for young people in Cornwall. Home of the Connect Card / Wellbeing and Resilience Action Plan and wellbeing toolbox. Plus lots of MH information and ways to find support.

www.startnowcornwall.org.uk/



CONTACT US

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A flavour of the support available

Everybody's Business - An introduction to wellbeing in schools

10 webinar recordings of a series of short introductions to wellbeing in schools. Including:

Simple skills for emotional regulation and co-regulation; Supporting autistic students; Understanding EBSA and more.. [Find out more](#)

IMPACTS - IMPortant ACTIONS Stick

Created by young people in Cornwall. **IMPACTS** is a short online training module highlighting their lived experiences and their 10 step call to action. [Find out more](#)

Full & FREE Membership - Creative Education CPD Platform

Every member of staff / governors can use our membership access online CPD from bitesize chunks to longer, more in-depth pathways including superb 'Deep Dive' series on Trauma, Staff Wellbeing and attendance. [Find out more](#)
You can also access (and give free access to) the **Parent and Carer platform**.

Whole School Approach - Online Self-reflection Tools

information on / access to a range of audit tools we hope will meet a range of needs and support individual schools. We believe in an asset-based approach to audit - enabling you and the school community to recognise and celebrate what's in place and working well already... We also recognise that every school is different. This is why we include information on a range of approaches / tools. [Find out more](#)

Training calendar / booking

Face to face and online courses for school staff. [Find out more](#)

Books about wellbeing & mental health - Recommendations/ Reviews

A searchable wellbeing booklist with descriptions / short reviews. Search by audience / age / themes. [Find out more](#)

Wellbeing and Resilience Action Plan (WRAP)

The WRAP helps YP understand their wellbeing and what helps if things become difficult. Available to complete online or to download/ print (or via the YPC [Your Way App](#) - for 11+). (**FREE** printed booklets can also be ordered via our [resource order page](#)). [Find out more](#)

Wellbeing Toolbox

Full of downloadable calming and relaxation ideas; mindful colouring; self-care ideas and more. [Find out more](#)

Connect Card

A simple way to give C&YP easy access to sources of mental health help and information. Cards can be ordered for FREE via our [resource order page](#) [Find out more](#)

'Who's Who?' films

Children and young people may find themselves supported by different agencies. From School Nurses to Social workers. These short films featuring actual practitioners in Cornwall give an insight into the different roles and what to expect. [Find out more](#)



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A focus on...

Resilience and the Boingboing Resilience Framework



Psychologist Ann Masten refers to resilience as '**ordinary magic**'. Young people involved in Headstart at the beginning of the programme called it '**bouncebackability**' and... Boingboing refer to '**beating the odds, while changing the odds...**'

Resilience refers to the positive capacity we have to achieve good outcomes in spite of hardships or serious threats to our development. Finding ways to boost a child's ability to respond resiliently when life is tough, can help them to do better than you might have thought they would. It can boost the likelihood of better long-term outcomes for them. A resilience lens can help not only beat the odds for individual children, but also to change them for children more widely.

The **Boingboing Resilience Approach** and the **Resilience Framework** are important to a Whole School, trauma informed and relational, Approach to well-being in school and we are working with Boingboing to bring a resilience lens to the work we do to support schools and the work of Senior Mental Health Leads in Schools.

Our work to support resilience in Cornwall includes:

A Cornwall version of the Resilience Framework and an online interactive Resilient Moves generator; the Resilience Hero online game, created for us by a local game designer, and; training / resources and support for schools. [Find out more.](#)

The Lemonade Project

...for when life gives you lemons!

The Lemonade Project is based on the Resilience Framework and is about building resilience in young people in young people who are experiencing low levels of emotional wellbeing. The **Resource Book** has ideas for activities that can be used with classes / small groups and individuals.

For KS3 and above there is a **Life and Lemons Journal*** - that can run alongside activities or be given to young people to use independently. [Find out more](#)

*We are currently working with primary schools to create a **KS2, more generic Wellbeing Journal** (see *separate project outline*).

Protective Behaviours

At the heart of a Whole School, trauma informed, Approach to wellbeing is '**safety**' and creating a physical and emotional safe space for all, where connection and relationships can flourish, and all children and young people feel they belong.

Protective Behaviours:

- helps develop emotional literacy, enabling us to 'name and tame' feelings
- develops self-confidence
- builds practical skills and strategies
- helps individuals to 'thrive and survive' in an adventurous, rather than a 'risk averse', approach, to life
- contributes to a PSHE curriculum
- supports work on Child Exploitation Awareness and digital resilience
- provides a focus on children's rights



Check out our face to face two day PBs Foundation Training. [Find out more](#)



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Primary Wellbeing Journal



Introduction

We have been sharing the superb [Lemonade Project](#) created by Shared Health in Manchester with schools. The Lemonade Project is based on the [Boingboing Resilience Framework](#) and intended to support C&YP struggling with their wellbeing. Lemonade was originally created for teenagers and one of the project resources is the **Life and Lemons Journal** - an interactive resilience journal for young people to use themselves to help them better understand how to reflect on and cope with strong emotions.

Lemonade is becoming increasingly popular with primary schools. We have been asked for a primary school version of the Life and Lemons journal. This is now becoming a more general Primary Wellbeing Journal with flexible content made available online / in print. We'd love schools to get involved.

We aim to:

- To create content suitable for a primary school version of a wellbeing journal based on the Boingboing Resilience Framework that (that could be used alongside the Lemonade Project where used)
- Provide content suitable for KS2 in the first instance and later KS1
- Offer content as individual pages available to download free of charge for schools in Cornwall to use flexibly to meet school needs
- Produce a good quality bound and printed journal featuring some of the content in colour to be made available free of charge to give to children in schools or via parents etc.

What are we planning to do?

- Create some sample content for children to review / try out. E.g. all about me, mood tracking, mindful colouring, breathing / calming ideas, gratitude (e.g. capture '3 good things') fun activities, simple activities to understand / 'manage' feelings, 5 ways to wellbeing ideas...
- Ask for ideas for content (including YP artwork) to include in the journal
- To involve schools in the development of the content from idea through design (alongside an artist / designer) to the finished product.
- Work with other colleagues supporting MHWB in the primary schools to provide a shared resource.

How?

- During spring 2023 circulate content to interested schools
- Meet with pupils (in Summer post SATS as appropriate) in a selection of schools to talk about the idea of the journal and the sorts of activities that could be included
- Gather additional ideas / suggestions for content
- Gather feedback on draft / developing content
- Involve pupils in the design process as the journal comes together.

Interested?

Get in touch. kate.pordage@cornwall.gov.uk / 07484 916974. We'll send out more information plus a copy of the Lemonade resources including the existing Life and Lemons Journal and an outline of content ideas so far.



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