

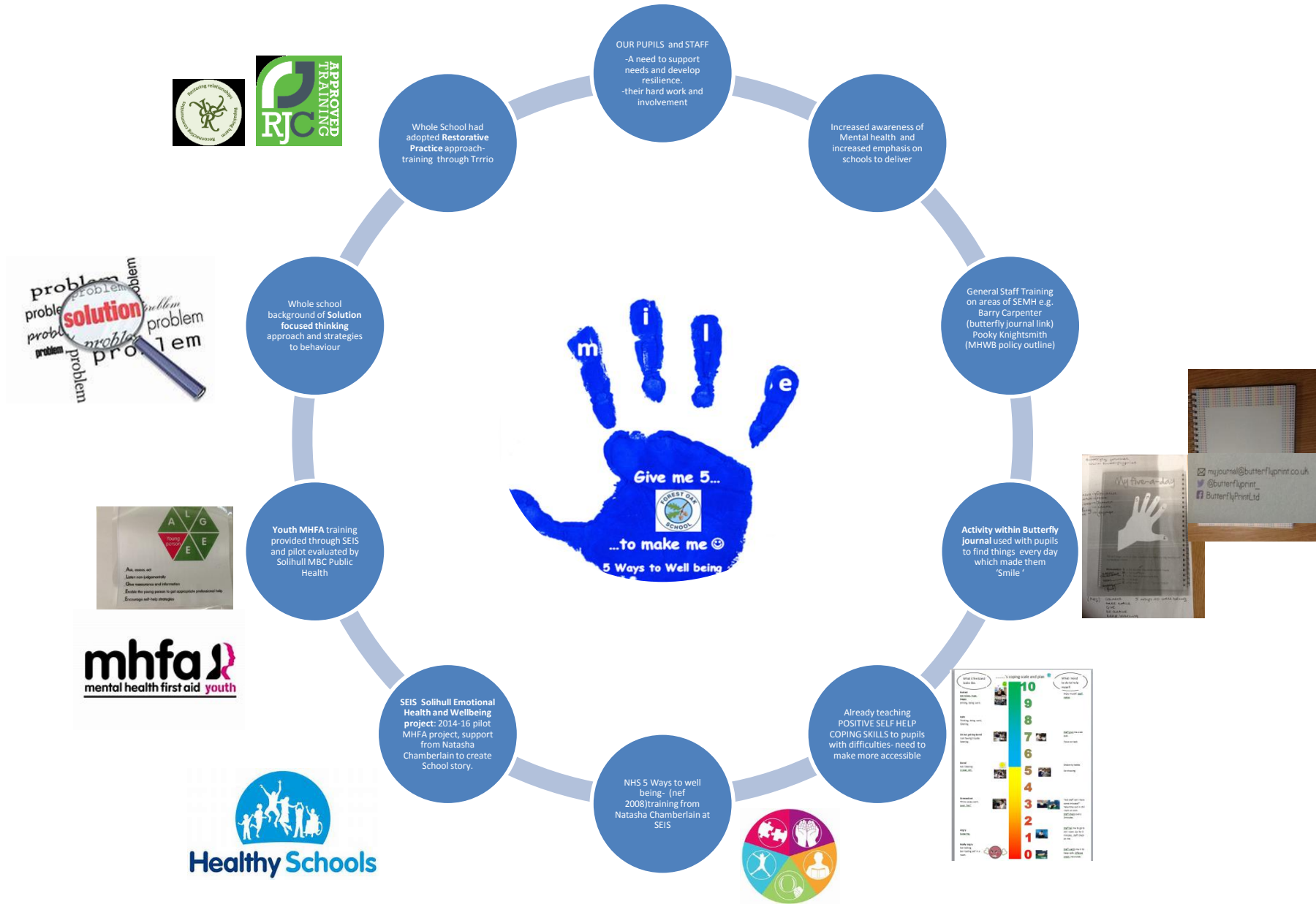


# SMILE

An approach to supporting the  
mental health & wellbeing of pupils  
and staff

# What is behind our SMILE?...a background

## Influences and acknowledgements in developing our approach.



# Using the NHS 5 Ways to Mental Health & Wellbeing

- **Connect** – connect with the people around you: your family, friends, colleagues and neighbours. Spend time developing these relationships.
- **Be active** – you don't have to go to the gym. Take a walk, go cycling or play a game of football. Find an activity that you enjoy and make it a part of your life.
- **Keep learning** – learning new skills can give you a sense of achievement and a new confidence. So why not sign up for that cooking course, start learning to play a musical instrument, or figure out how to fix your bike?
- **Give to others** – even the smallest act can count, whether it's a smile, a thank you or a kind word. Larger acts, such as volunteering at your local community centre, can improve your mental wellbeing and help you build new social networks.
- **Take notice** – be more aware of the present moment, including your thoughts and feelings, your body and the world around you. Some people call this awareness "mindfulness". It can positively change the way you feel about life and how you approach challenges.

# To make this more accessible to our pupils we created SMILE.....

- Socialise (Connect)
- Move (Be Active)
- Interest (Take Notice)
- Learn (Keep Learning)
- Engage (Give to others)

Five ways to wellbeing



**S**ocialise

**M**ove

take **I**nterest

**L**earn


**E**ngage/give

# Give me Five to make me SMILE!



# Wellbeing Audit

- Pupils and staff completed a wellbeing questionnaire to find starting points (adapted from WEMWBS questionnaire)
- Identified pupils who may need support/ intervention
- Staff did it anonymously but coded it so we could track progress
- Staff were also provided with Employee Assistance Programme and encouraged to seek support either within school or externally if score was low

  
Forest Oak Wellbeing self-assessment April 2022

Name: \_\_\_\_\_ Year: \_\_\_\_\_ Date: \_\_\_\_\_ completed in: \_\_\_\_\_

This questionnaire has been adapted from WEMWBS, a scale which is often used by schools and psychologists to measure wellbeing.  
To get a child's wellbeing score, go through the statements and ask them to tick the face that best describes how they think and feel about the school last week.

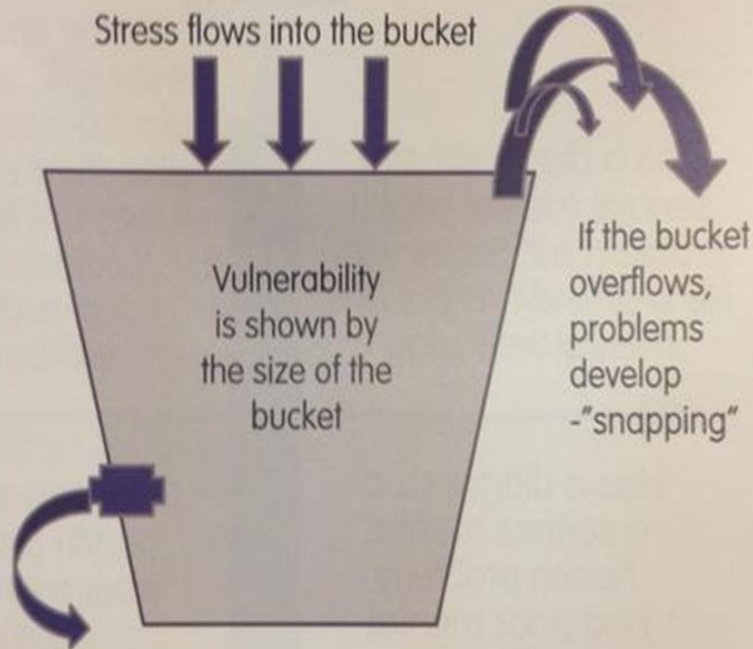
Question	Over the last 2 weeks I've been feeling....	How often do you feel like this?
		 <small>1 2 3 4</small>
1	I feel happy about the future	
2	I feel useful	
3	I feel relaxed	
4	I'm interested in other people	
5	I've got lots of energy	
6	I can deal with problems	
7	I can think clearly	
8	I like myself	
9	I feel close to other people	

10	I feel confident	
11	I can make my own mind up	
12	I feel loved	
13	I'm interested in new things	
14	I feel happy	
Total		
Results: 0-10 very low 11-15 below average 16-20 average 21-25 above average		Any action or advice given to child:  Any action predicted for class team:  Any follow up to 5,6,7 and 8/9/10:  Any other agencies involved with child:

# Staff training to raise awareness and involvement in planning...

## The Stress Bucket

(Source: Brabban & Turkington 2002)



**Good coping** = tap working lets the stress out

**Bad coping** = tap not working so water fills bucket and overflows

## Helpful Or Unhelpful Coping strategies

- Yell at someone
- Not eat for long periods
- Drink excessive amounts of alcohol
- Drink lots of coffee or coke
- Smoke tobacco
- Take part in a Recreational activity
- Kick something
- Drive fast
- Think this is not forever, some things I cannot change
- Bite fingernails
- Socialise with friends
- Scratch or cut self
- Engage in creative activity
- Risky relationships and situations
- Opt out or give up
- Work on puzzles or games
- Read
- Talk to people
- Withdraw from family or friends
- Listen to music
- Swear
- Go to cinema
- Act violently e.g. punch wall
- Meditate and engage in relaxation
- Stretch
- Overeat
- Exercise
- Spend time outside or in garden
- Criticise, gossip, bully or tease other
- Throw something
- Watch television
- Go for a walk
- Take drugs
- Go to gym or swimming
- Steam room or sauna
- Procrastinate
- Create a plan and prioritise work
- Pace up and down
- Engage in hobby e.g. Sing, Cook
- Write down thoughts and feelings
- Pull hair
- Cry
- Scream
- Take tranquilisers

# Wellbeing Day 2016

- Planned day to launch the SMILE programme
- Events to cover 5 aspects of SMILE
- Staff/ Pupils/ Governors/ Parents were actively involved
- Review evaluated to look at next steps



Five ways  
to wellbeing

# Socialise

## Connect...

Connect with the people around you. With family, friends, colleagues and neighbours. At home, work, school or in your local community. Think of these as the cornerstones of your life and invest time in developing them. Building these connections will support and enrich you every day.

Five ways  
to wellbeing



# Socialise

## Connect

- Talk
- Listen
- Be a Friend
- Spend time with family
- Visit a friend
- Volunteer



Five ways  
to wellbeing

# Move

## Be active...

Go for a walk or run. Step outside. Cycle. Play a game. Garden. Dance. Exercising makes you feel good. Most importantly, discover a physical activity you enjoy and one that suits your level of mobility and fitness.

Five ways  
to wellbeing



# Move

## Be Active

Go swimming  
Play sports with friends  
Walk somewhere  
Skip  
Dance  
Exercise however you like!



[www.instantdisplay.co.uk](http://www.instantdisplay.co.uk)



Five ways  
to wellbeing

# Interest

## Take notice...

Be curious. Catch sight of the beautiful. Remark on the unusual. Notice the changing seasons. Savour the moment, whether you are walking to work, eating lunch or talking to friends. Be aware of the world around you and what you are feeling. Reflecting on your experiences will help you appreciate what matters to you.

Five ways  
to wellbeing



# Interest

## Notice

Recognise the beauty around you  
Be aware of your feelings  
Relax  
Meditate  
What can you see,  
smell, taste, feel, hear?





Five ways  
to wellbeing

# Learn

## Keep learning...

Try something new. Rediscover an old interest. Sign up for that course. Take on a different responsibility at work. Fix a bike. Learn to play an instrument or how to cook your favourite food. Set a challenge you will enjoy achieving. Learning new things will make you more confident as well as being fun.

Five ways  
to wellbeing



# Learn

## Keep Learning

Try something new  
Visit a gallery or museum  
Read a book  
Join a club  
Set yourself goals  
Surprise yourself!



## Five ways to wellbeing

### Give...

Do something nice for a friend, or a stranger. Thank someone. Smile. Volunteer your time. Join a community group. Look out, as well as in. Seeing yourself, and your happiness, linked to the wider community can be incredibly rewarding and creates connections with the people around you.



## Five ways to wellbeing



**Caught being kind !**

Kind person: \_\_\_\_\_

Kind action: \_\_\_\_\_

Caught by: \_\_\_\_\_ date: \_\_\_\_\_

*Kindness begins with me... Kindness counts... pass it on!*

## Engage

### Give

Say 'Thank-you'  
Offer to help  
Include others  
Volunteer  
Do something nice for someone  
Give someone a smile



# School Improvement Priority

Governors agreed for this to be a school priority – this has been the case for the past 2 years

SMILE is one element of the school's approach to wellbeing – it cannot be done in isolation

- It can help to think about "being well" as something you do, rather than something you are. The more you put in, the more you are likely to get out.
- "No-one can give wellbeing to you. It's you who has to take action," says Professor Stewart-Brown.

# Other aspects of interventions...

- Play and creative arts therapy
- Music therapy
- Clubs & interest activities
- Yoga / Gym for staff
- Mindfulness colouring in staff room
- Mindfulness clubs
- Duke of Edinburgh volunteering

- Kindness award
- Butterfly print personal journals
- 3 x MHFA staff
- Daily exercise – cross key stages
- EP/ Life Coach
- Talking & Drawing therapy
- Oakleigh the therapy dog





- Charity events
- CBT interventions
- Eat Well, Move More programme
- Rest & Relax
- Massage/ Rest & Relax for staff
- So much more ....

# Impact .....

- **Following Well being day...**
  - Number of pupils being able to name 2 or more positive self-help coping skills increased from 39% to 100%
  - Number of pupils who said they coped with unhealthy strategies decreased from 11% to 0%.
  - Staff unhelpful strategies mentioned reduced from 21% to 13%.
  - 96% of staff could name 5 or more positive, self-help coping strategies
- **1 year on questionnaire – positive shift for staff and pupils e.g...**
  - staff who said they could deal with problems some, a lot or all of the time nearly doubled
  - Increase in number of pupils saying they can deal with problems some, a lot or all of the time from 74 % to 83%.
  - reduction in KS3/4 pupils self- esteem score overall as below average or very low from 15% to 4%
- **Questionnaire now completed twice a year (as well as staff observations across the year) provides ‘children of concern’ and targeted interventions can be put in place and impact measured**
- **Staff and pupils feel more knowledgeable and confident in understanding and dealing with mental health issues**
- **Staff use the language of SMILE daily – pupils are using it too**
- **People being empowered to take control and make changes themselves**

# Next Steps ....

- We are launching a school action research project with Oxford Brookes University – Professor Barry Carpenter (Professorship for mental health & Wellbeing) 10 schools – mainstream & specialist provision
- Butterfly Print Press are going to publish resources to support this approach
- Approach is likely to then be presented to NHS England



Socialise

Move

Interest

Learn

Engage

