

## All Different: All Equal: All Thriving

### Introduction

As part of the work across the GLC there was an opportunity to combine the work of the mental health champions who were working towards mental health awareness week and the work of Kinetica who are responsible for the T100 walks across Thurrock. The T100 walks are underpinned by the importance of mental health and the link between physical health and wellbeing. Across the GLC each academy prepared a walk with their own personal theme linked to their work in school and their unique location. At The GLC we are passionate about the development of our students. The work with Kinetica would allow some long-term training where they would become ambassadors and plan to carry out some of the wider T100 walks in the future.

Our aim was to further develop the bespoke curriculum offered to identified students, specifically linked to emotional health and well-being, for example, Mind-up and Anna Freud programmes to develop the skills of: managing feelings, healthy relationships, self-control, resilience, conflict resolution, self-awareness, overcoming difficulties, decision making, building self-esteem and confidence, positive thinking and preventing their own poor mental health.



*“Students were given a wonderful opportunity to develop and lead a new initiative in each academy.”*

### What was Achieved?

The GLC has worked very closely with representatives from Kinetica to support the student leaders to understand the philosophy behind the work, creativity around the walks and students' understanding of health and safety and logistics of the day.

Throughout the planning the GLC academies worked together to share ideas and concepts for their walks and were given dedicated time to work as a whole GLC leadership team and develop their presentation skills to a wider group of students and adults.

Each school created their own walk's which have been created into maps for the use of Kinetica and art work will be created by some of the children involved in the project.





The below table shows the numbers of students that were involved in the walk at the Gateway Academy, these have been broken down into disadvantaged, male/ female and SEND categories.

No. of students	M	F	SEND	Dis
15	8	7	6	12

The students selected to take part had been referred to the lead coach, safeguarding team or student wellbeing team for a variety of issues including anxiety. We believed this walk could be especially beneficial to them. 3 non-teaching staff members and 1 teaching staff member took part in the walk with the students.

Feedback from the staff involved was very positive with 100% of the staff involved stating that they felt the experience was a very valuable one for both the students who took part in the walk and those who organised it. 100% stated that they would like to see this as a regular activity with different year groups and expanded to wider locations.

The feedback from the students involved was equally as positive where they all stated that they very much enjoyed the day and found the activities valuable, they would use the activities and strategies learnt through the walk in their daily lives. They also requested for this to be a more regular activity and to even have it running as a club each week.



### Outcomes and Benefits

As it is clear above the impact from the staff and students has been very positive and there have been requests from both staff and students to repeat the activity, not only with the Year 7 students but with the other year groups as well.

There has been an improvement between the relationships between the students where they have reported making friends in the group and are spending time with them at break and lunch and also an improvement in the relationships between the adults and the students. They felt the adults saw them differently and were pleased to have been invited to take part as they did not often take part in activities or trips.

*“Students felt that this was an opportunity that more groups should benefit from and they would like to do it more regularly.”*

*“It has helped develop relationships with some key vulnerable students.”*





The below table shows the numbers of students that were involved in the walk at the Gateway primary Free School, these have been broken down into disadvantaged, male/ female and SEND categories.

Pupils	M	F	SEND	Dis
102	51	51	11	43

The Year 5 Mental Health Champions lead the walks alongside the Year 6 Head pupils.

10 staff members took part in the walk. We were also fortunate enough to have a number of volunteers and parents. 2 Kinetika volunteers and a total of 54 parents embarked on the walks with the pupils and staff.

Parent feedback on the day and the following was positive and many said *“I have learnt a lot!”*

We would like to organise similar events in the future for all year groups – many parents asked if the other year groups would be having one.

*“More year groups should experience this activity.”*



Our Year 1 and Reception pupils all really enjoyed the walk and all told us that they would like to do it again when asked. When asked what could make it better, they said having snacks and drinks.

The Mental Health Champions feedback included:

*“It was brilliant seeing all our work come together. It was a fun afternoon; I was really nervous about talking to a big group, but it was easier than I thought.”*







The below table shows the numbers of students that were involved in the walk at Herringham Primary Academy, these have been broken down into disadvantaged, male/ female and SEND categories.

No. of Pupils	M	F	SEND	Dis
383	203	180	72	177

19 staff members took part in the walk. We were also fortunate enough to have 2 Kinetika volunteers embark on the walks with the pupils and staff.

The pupils made nature wands and collected parts of nature as they went round to each activity stand. The activities focussed on using their senses, they looked up at the sky to see the shapes of the clouds, they tasted fruit, they learnt different facts and finished by listening and dancing to music which the children and staff thoroughly enjoyed.



*"Seeing the children in nature and seeing what they can create using sticks and flowers, listening to nature, it has been amazing seeing the children be children and enjoy moving their body to the music. This is what childhood is all about. It has been nice being part of this experience."*

- Governor







The below table shows the numbers of students that were involved in the walk at Lansdowne Primary Academy, these have been broken down into disadvantaged, male/ female and SEND categories.

No. of Pupils	M	F	SEND	Dis
357	166	191	70	173

24 staff members took part in the walk. We were also fortunate enough to have 3 Kinetika volunteers embark on the walks with the pupils and staff.

Students were observed to be happy and experienced a positive day following the walk. Staff have commented that we need to make this a more regular activity and how they **“Felt energised and uplifted.”** following the walk.



*“I am excited to be here today, the children have done a brilliant job incorporating the 5 ways to well-being within their walks for the early years pupils...”* - Kinetika T100 programme manager.







The below table shows the numbers of students that were involved in the walk at Tilbury Pioneer Academy, these have been broken down into disadvantaged, male/ female and SEND categories.

No. of Pupils	M	F	SEND	Dis
417	204	213	57	173

36 staff members took part in the walk. We were also fortunate enough to have 3 Kinetika volunteers embark on the walks with the pupils and staff.

The feedback from the pupils that took part was overwhelmingly positive. They were engaged in the activities and took time to reflect and think about their own well being. A parent came directly to a class teacher and said:

***"My child has had a wonderful day in school today. Thank you so much for thinking about doing this. Mental health is so important. No other schools do this."***

## Key Learning Points

### How the Project will continue in the future.

We would like to develop this as a year long intervention session where different students get to experience the activities and those who need it the most have access to regular yoga, meditation and outside [e.g. gardening etc.] activities. This would be developed further by widening the experiences for the core group and taking more time in nature, in other places and ensuring they have lots of opportunities to learn and understand about their own mental health and wellbeing. We would like to train a core team of staff in simple yoga and meditation and offer this to other students who are currently under SEND and the behaviour team, where appropriate.

We would like to develop a designated space for wellbeing and mental health as a central hub which could support all the different services and act as a wellbeing environment for both staff and students.

In the future each academy would provide a parental questionnaire also, to ascertain how the walks have impacted the students who have taken part. Also, academies would like some more admin support with elements of the walk.



## Mental Health Ambassadors Case Study.

### Gateways Kinetica T100 Mental Health Walk:

The mental health ambassadors created a short circuit walk that included fun and interesting ways to cope with mental health. Some of these ways include yoga, breathing exercises and even flower picking. The first activity included yoga, it was lovely to be able to take part in this and take a minute outside to teach our peers something new. Many of our Year 7 students said that they had enjoyed the experience and this was very apparent from their laughter and smiles. Throughout the walk we collected flowers to then create a natural tie dye. After the yoga session we sat down with the pastoral team, who helped to guide us through some breathing exercises. We also played a fun game with Maltesers, Tracey and Paul showed us that to steady your breathing and help us re-focus we should try and keep the Malteser in our mouth for as long as possible. It was interesting watching the Year 7 pupils enjoy time with their peers outside of the classroom and focus on something that at times is more important. It was great to see them excel and support each other in different areas, some of them were excellent at tie dying and really supported each other in creating different patterns and pieces. All of them were eager to demonstrate what they could do and help do additional pieces.

The Year 7 pupils were chosen to participate in order to help improve their mental health inside and outside of school. The Wellbeing Ambassadors chose to get involved as they felt it was important to plan something fun and exciting as well as something that the students can take home and into everyday life.

As a part of the walk Megan, one of our mental health ambassadors, led the yoga session. During the rest of our walk we encouraged students to enjoy spending time outside and spoke to them about their mental health and experiences.

*“As a whole we think that more activities like this should take place outside of the classroom, if we had the opportunity to plan something like this again, we most definitely would.”*

*“This event needs to become more extensive and more frequent as the benefit to both staff and students was clear.”*

