

Thursday 15th November- POWER WORKSHOP

WELCOME to our first POWER Workshop 😊

**Please give your name for the register, take a seat
and wait for further instructions.**





AGENDA

- 1) Feedback from tutor groups on Rewards as a whole group (Mufti Day)
- 2) Update on the notice board from reps
- 3) Get in your groups of houses eg. All of Fleming together
- 4) Each group will be given a focus which links to positive mental health to discuss
- 5) Questions/suggestions from the reps on POSITIVE MENTAL HEALTH (Q and A session with Mr Avery)
- 6) End

WHAT IS POSITIVE MENTAL HEALTH

- Positive Mental Health: a positive sense of *wellbeing* or the capacity to *enjoy life* and deal with the *challenges* we face.

What do signs of struggling with mental health look like?

Let's watch a clip:

<https://www.youtube.com/watch?v=kmSinPMVU2U>

It is estimated that 1 in 6 people in the UK have experienced a mental health problem in the past week

20% of young people may experience a mental health problem in any given year

Anxiety and depression are estimated to cause 1/5 of days lost from work in Britain.

50% of mental health problems are established by the age of 15.

Ways to ensure you have good mental health

- <https://www.youtube.com/watch?v=1RJqgHalbXs>



Why playground space?

- The reason we asked tutors to discuss your playground space is to see whether we are utilising it wisely as it can impact your mental health.
- Part of having positive mental health comes down to the environment in which you work/relax in

We will feedback on students' suggestions on:
playground space, rewards and positive mental
health in December

| Form | Go to table... | Please discuss ideas for... | Person to take the minutes/notes... |
|-----------|----------------|---|-------------------------------------|
| Churchill | 1 | How can <i>we talk</i> about mental health? | |
| Elgar | 2 | Are there enough places to <i>sit and talk</i> in the playground? If you would like more seating or alternatives, where and what? | |
| Fleming | 3 | Apart from PE how else would you like to <i>keep active</i> at break or lunch time? Is there any other things you would also like in addition to basketball and table tennis? | |
| Masefield | 4 | Are there <i>other new skills</i> outside the classroom that you would like to learn? What are these? | |
| Nuffield | 5 | Do you feel that we encourage <i>creativity</i> ? How else could we encourage creativity? | |
| Pankhurst | 6 | What causes mental health? | |

Workshop focus: HOW CAN WE, AT CARSHALTON BOYS, ENSURE THAT ALL STUDENTS HAVE POSITIVE MENTAL HEALTH?

- ✓ Remember:
- ✓ **Listen to those asking the question**
- ✓ **Do not shout/call out during the questioning**
- ✓ **You are here to represent your tutor group – not yourself and your own views. You need to be impartial**
- ✓ **Feedback the developments to your tutor group**
- ✓ **Respect those who have different views from your own**