

**Thursday 15<sup>th</sup> 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**