

# WELLBEING WEEK

21-25 JUNE 2021

**Wellbeing should be at the heart of who we are and a fundamental part of our lives.**

All too often a distinction is made between 'mind' and 'body' but when considering our wellbeing the two should not be thought of as separate. Poor physical health can lead to and increase the risk of developing mental health problems and similarly, poor mental health can negatively impact upon our physical health.

At King's it is our aim to adopt a holistic approach to our wellbeing, focussing on taking time out for activities and mindfulness, having regular exercise, and having a balanced diet. In addition, it is really important to develop our understanding of how to look after ourselves safely both physically and in forming and maintaining healthy relationships.

Gaining practical knowledge and skills and self-awareness in these areas helps one to prepare effectively and take responsibility for those future challenges and make the right choices.





# WELLBEING WEEK

## 21-25 JUNE 2021



We believe that a healthy body and awareness of one's self is a core requirement for a balanced and successful lifestyle

### **Professor Bruce Hood (Bristol University)** **'Science of Happiness'**

Professor Hood opens our Wellbeing Week as he talks about the science behind what makes people happy. He explains what happiness is, what is the scientific evidence that it can change for the better, how our brain distorts information that contributes to unhappiness and what we can do to increase our happiness and mental wellbeing.

**Monday 21 June 2021 – Year 9 Period 2**

### **Emma Gleadhill – 'Finding belonging in times of change – growing, sustaining, maintaining meaningful relationships'**

With an MA in Psychoanalytic Observational Studies, Emma has extensive experience in positive psychology, child development and the emotional elements of teaching and learning.

Having previously been a Deputy Head of Pastoral Care, Emma has acquired a wealth of knowledge about behaviour and understands first hand the pressures on teenagers. Emma will provide tips on dealing with conflict, addressing the topic of relationships, all with the aim to strengthen and improve mental health

**Monday 21 June 2021 – Year 7 & 8 – Period 3**

### **RAP Workshops**

RAP stands for 'Raising Awareness and Prevention' project.

RAP provides a variety of educational workshops and lectures to young people, parents and carers. They believe it is important to give teenagers advice on personal safety and to educate children on the definition of socially relevant ideas such as rape and consent, sexual assault and body image. This talk will include information on an array of issues surrounding activities online, as well as addressing problems such as sexting and cyber bullying.

**Tuesday 22 June 2021**

**RAP 'Digital Natives' Workshops – Year 7 & 8 & 9 – Period 3**

**Friday 25 June 2021**

**RAP 'Altered, Airbrushed and Unrealistic' Workshops – Year 9 – Period 3**

**RAP 'Social Skills for life' – Year 11 & 12 – Period 4**

### **PC Darren Lund**

PC Lund of Warwickshire Police brings his expertise of how to keep oneself safe today and how to deal with the risks associated with sexting.

**Wednesday 23 June 2021**

**Years 10 & 12 – Assembly time 'Personal Safety'**

**Thursday 24 June 2021**

**Key Stage 3 – Assembly time 'Sexting'**

### **Aric Sigman – 'Preventing Alcohol Problems'**

Aric Sigman is a registered psychologist with a speciality in the field of mental health issues and focuses on opening discussion of concepts such as drug use, body dysmorphia and the negative influence of alcohol. Twice invited to address the European Parliament Working Group on the topic of 'Quality of Childhood', Dr Sigman continues to raise awareness of issues affecting children and teenagers today.

**Wednesday 23 June 2021**

**Year 8 & 9 – Period 3**

**Year 10 & 11 – Period 5**

### **Ex Cathedra Singing Workshops – POSTPONED**

Ex Cathedra believes in the power of choral singing to change lives. They offer an extensive programme of award-winning school and community projects is delivered by a team of expert vocal tutors, who are all members of Ex Cathedra. Alongside their concerts they deliver an extensive programme of education and participation projects, seeking to inspire and nurture a love of singing with the tens of thousands of people of all ages and capabilities that they reach every year – in schools, hospitals and community settings.

**Monday 21 June 2021 – POSTPONED**

**Year 7 – Period 1**

**Year 8 – Period 2**

**Year 9 – Period 3**

**Year 10 – Assembly time**

### **Simon Leigh – 'Drugs'**

Simon is a UKRCP registered addiction counsellor, whose work focusses on educating children to successfully curb the binge culture present throughout modern society. As a qualified member of the Federation of Drug and Alcohol Professionals, Simon is especially well qualified to educate on the topics of drug addiction.

**Thursday 24 June 2021**

**Year 9 – Period 4**

**Year 10 & 11 – Period 3**

### **Brook**

This charity aims to equip teenagers for life's challenges, with a vision to make young people's lives free from inequality and rich with opportunity. Brook aims to do this through creating space for discussion around a variety of social issues, specifically defining unhealthy and healthy relationships. Through educating children on what is and isn't a safe relationship, Brook aims to instil strong and healthy boundaries between peers, which children can keep and refer to in the future.

**Thursday 24 June 2021**

**'Healthy Relationships' Year 8 & 9 – Period 4**

**Friday 25 June 2021**

**'Contraception' Year 8 – Period 6**

### **Parents: Pastoral Forum Talks**

**RAP Project – 'Digital Natives and Social Skills for Life'**. The talk will explore young people's online activity, focussing on issues such as sexting, cyberbullying, online grooming and early sexualisation. Navigating the increasingly complex and sophisticated social scene and protecting personal safety by becoming streetwise, will also be discussed. The highly-acclaimed RAP Project (Raising Awareness and Prevention Project) has been profiled by The Times and The New Statesman and has featured on Radio 5, and BBC World Service. Please use this link to access the talk.

**Monday 21 June at 7pm**

[JOIN HERE](#)

**Simon Leigh – 'Drug Education'**. Simon will talk about the ever-changing drugs scene and ease of availability, the dangers associated with today's drugs and the myths being circulated amongst teenagers about the safety of drugs. Simon's background is in treating addictive disorders and he is accredited by the Federation of Drug & Alcohol Professionals. He was the treatment director for a leading UK rehab facility before setting up a private practice in Harley Street, Central London. Simon has been in recovery from drug addiction for 16 years. Please use this link to access the talk.

**Thursday 24 June at 7pm**

[JOIN HERE](#)

### **Warwickshire Pride**

Having trained over 1000 people in the county of Warwickshire, the members of Warwickshire Pride work hard to make local schools and businesses more LGBT+ and Transsexual aware. Through creating a space for children to discuss experiences and issues surrounding these concepts, Warwickshire Pride successfully facilitates further discussion and education on topics such as issues faced by transsexual people, terminology and hate crimes. Darren Brown will speak to students in his lunchtime talk about the work of the organisation.

**Lunchtime workshop – all years invited**

### **Active Bystander**

Active Bystander is an organisation that aims to address inter-personal conflict head on. Providing clear training and advice on changing narratives surrounding bullying and conflict in schools and businesses, Active Bystander presentations are an effective way of educating young people on the importance of social responsibility, for themselves and their peers.

**Wednesday 7 July 2021**

**King's High and Warwick School Lower and Upper Sixth – Period 1**

	Monday 21/6	Tuesday 22/6	Wednesday 23/6	Thursday 24/6	Friday 25/6
<b>Y7</b>	Schools' Diversity Week Activity in registration  Period 1 - Ex Cathedra - POSTPONED  Period 3 - Emma Gleadhill	Period 3 - RAP 'Digital Natives'		Lunchtime - Schools' Diversity Week Fair  PC Darren Lund Assembly KS3 - 'Sexting'	
<b>Y8</b>	Period 2 - Ex Cathedra - POSTPONED  Period 3 - Emma Gleadhill	Period 3 - RAP 'Digital Natives'	Period 3 - Aric Sigman	Period 4 - Brook - 'Healthy Relationships'  PC Darren Lund Assembly KS3 - 'Sexting'	Period 6 - Brook - 'Contraception'
<b>Y9</b>	Period 2 - 'Science of Happiness'  Period 3 - Ex Cathedra - POSTPONED	Period 3 - RAP 'Digital Natives'	Period 3 - Aric Sigman	Period 4 - Brook - 'Healthy Relationships'  Period 4 - Simon Leigh  PC Darren Lund Assembly KS3 - 'Sexting'	Period 3 - RAP 'Altered, Airbrushed and Unrealistic'
<b>Y10</b>	Assembly time - Ex Cathedra - POSTPONED		PC Darren Lund Assembly KS3 - 'Personal Safety'	Period 3 - Simon Leigh	
<b>Y11</b>			Period 5 - Aric Sigman  Period 5 - Aric Sigman	Period 3 - Simon Leigh	Period 4 - RAP - 'Social skills for life'  PC Darren Lund Assembly KS4 - 'Sexting'
<b>Y12</b>			PC Darren Lund Assembly KS3 - 'Personal Safety'		Period 4 - RAP - 'Social skills for life'  PC Darren Lund Assembly KS4 - 'Sexting'
<b>Parents' Forum</b>	7pm RAP - 'Digital natives and social skills for life' talk			7pm Simon Leigh - 'Drug Education' talk	

## Action for Happiness 10 Keys

### GIVING



Do things for others

### RELATING



Connect with people

### EXERCISING



Take care of your body

### APPRECIATING



Notice the world around

### TRYING OUT



Keep learning new things

### DIRECTION



Have goals to look forward to

### RESILIENCE



Find ways to bounce back

### EMOTION



Take a positive approach

### ACCEPTANCE



Be comfortable with who you are

### MEANING



Be part of something bigger