



# Health & Happiness at Writtle Infant School



# Mental health issues in the UK

- ▶ **1 in 4 people** in the UK will experience a mental health issue in their lifetime
- ▶ At any time 1 in 6 people are suffering a mental health problem – **10 million children & adults in the UK**
- ▶ Mental health is the **single largest cause of disability in the UK**, more so than cancer or cardiovascular disease
- ▶ The estimated cost of mental health problems in the UK is **over £100bn annually**
- ▶ The average wait for effective treatment for mental health problems is **10 years**
- ▶ *Source: The Children's Society*



# Children's Mental Health



- ▶ **1 in 8 (12.8%) 5 to 19 year olds** had at least one mental disorder when assessed in 2017
- ▶ **75%** of mental health problems are **established by the age of 18**
- ▶ **70%** of children & adolescents who experience mental health problems have **not had appropriate intervention** at a sufficiently early age
- ▶ **75%** of young people experiencing mental health problems are **not receiving treatment**
- ▶ Sources: NHS, The Children's Society



# Wellbeing practice at Writtle Infant School

- ▶ Forest Schools
- ▶ Amazing Me Programme
- ▶ Nurture Group
- ▶ Mindfulness
- ▶ Meditation
- ▶ Mindful colouring
- ▶ Reading areas
- ▶ Yoga, for both children & family





# Forest Schools

- ▶ All children participate in Forest Schools, **improving confidence, increasing activity levels** and giving them **regular outdoor experiences** in a natural environment.
- ▶ Children have requested other outdoor activities, such as nature spotting or bike riding.



# Amazing Me Programme

- ▶ **SELFIE (Stop, Eyes, Listen, Feel, Inhale, Exhale)** technique used both in school and at home. Our children have also taught this method to their siblings.
- ▶ **15 out of 31 children said that they use a journal** at home to express their feelings in either drawings or written work.
- ▶ Children choose **drawing and reading** in our recently refurbished reading areas when they have free time in school.
- ▶ Ideas for the future include further **yoga classes, mindfulness activities and peer massage**.

AMAZING  
me 





# Nurture Group

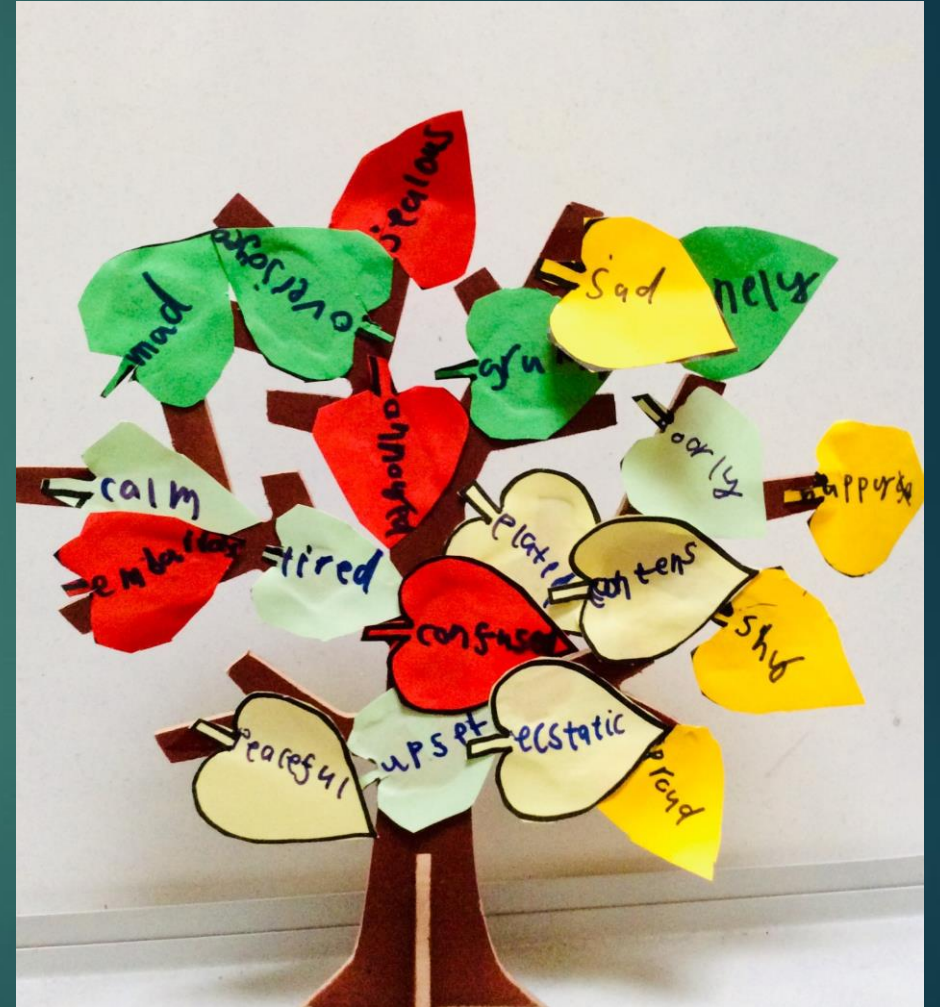
- ▶ Our weekly Nurture Group has improved children's confidence.
- ▶ Both parents and children say that children are talking about their feelings more regularly at home.

*"I enjoy meditation, it helps me feel a lot calmer. I can explain to mum how I'm feeling using the feelings tree."*

**Isla**

*"My son loved Nurture Group. He likes the fact that it is a small group and is enthusiastic about joining in. We are trying meditation outside of school."*

**Samuel's mum**



# Our Health & Happiness Hub



In the heart of our  
Forest Schools  
area

A natural, calming environment



Connected  
indoor/outdoor  
space

Ensuring use whatever the  
weather!



A space for the  
whole community

After hours use via secure gate  
disabled WC & wheelchair  
access, kitchen facilities



# Sensory garden



## Aromatic & tactile planting

Lavender and herbs for calming aroma and plants which are soft to the touch.



## Fruit & vegetables

To grow and nurture during Forest Schools, gardening club & possibly with Writtle Link Club.



## Water feature

For calming sound and sensory experience

# How will the hub be used?

## School use



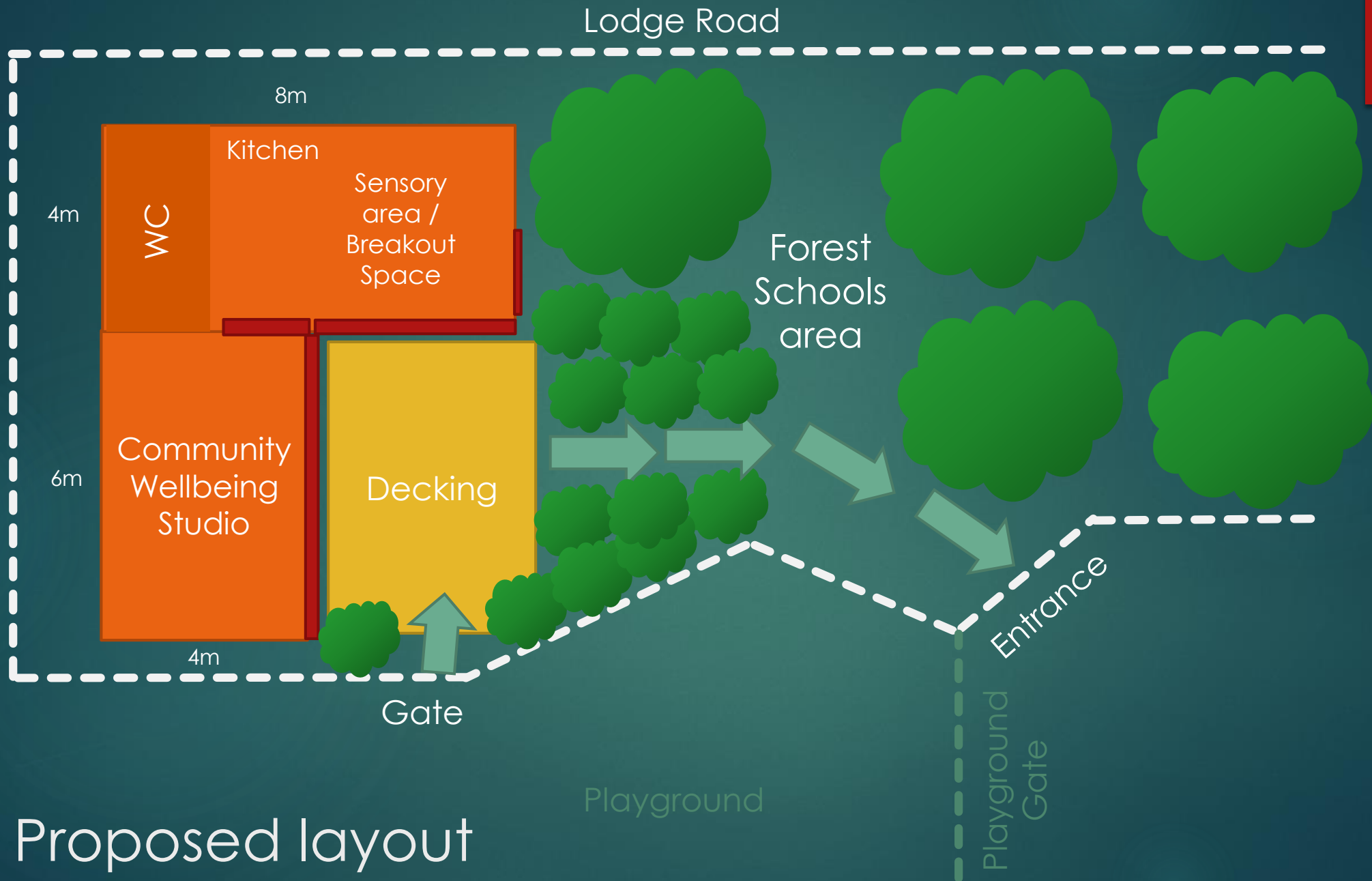
- ▶ Intervention groups – nurture group, Lego therapy, musical communication
- ▶ Specialist intervention – counselling, speech therapy, Pets as Therapy
- ▶ Support for families - meetings, workshops, coffee mornings
- ▶ Outdoor activities - Forest Schools, gardening
- ▶ Before/after school clubs - gardening, forest schools, yoga

## Community use



- ▶ School Nurse family health drop-in sessions
- ▶ Professional support for families e.g. Home-Start
- ▶ Writtle Link Club - working with the children
- ▶ Training for teachers – Chelmsford School Sports Partnership, Forest Schools, Amazing Minds
- ▶ Parents yoga, fitness & mindfulness classes





Proposed layout



# SmartPods

- ▶ 10 year guarantee, 35 year lifespan
- ▶ Maintenance-free
- ▶ Heating, lighting, plug sockets included
- ▶ Optional security shutters
- ▶ No foundations, 8 pads as contact points
- ▶ c. £25,000 each (c. £50-55k total) depending on size, furnishing, delivery costs



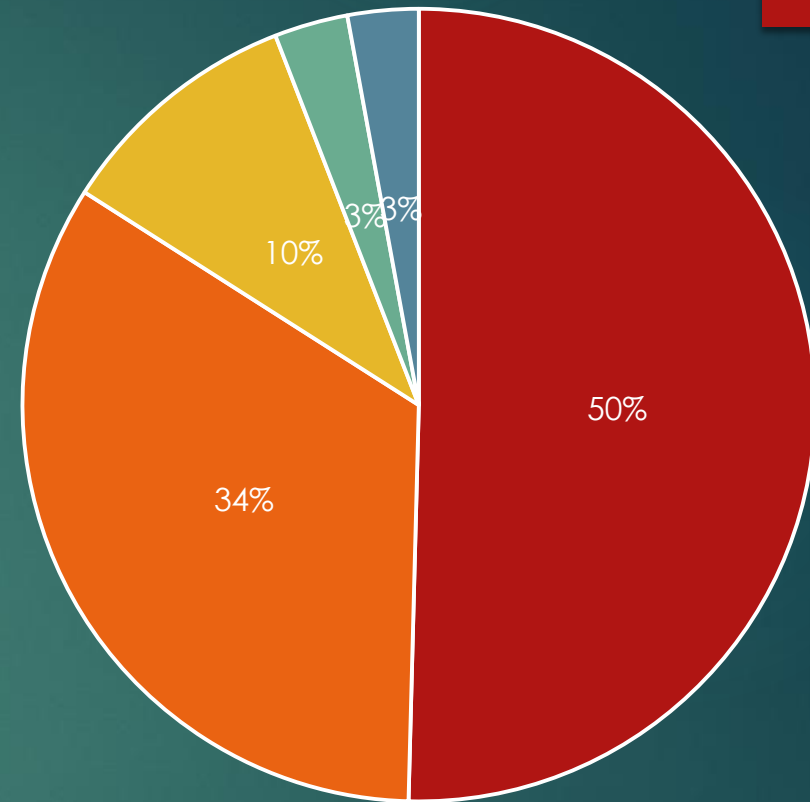


# Fundraising

- ▶ Approx. **£30,000 raised** so far

## Potential funds:

- ▶ WISPA/WJSPA Summer Fete
- ▶ Writtle Village Country Fair
- ▶ Application to Co-op Local Community Fund
- ▶ Open to ideas?



- School funds allocated to buildings/health & wellbeing
- National Lottery Grant
- Ann Johnson's Educational Foundation
- Year 1 Dads Nuclear Races Sponsorship
- Christmas performance ticket sales

# How you can help

- ▶ Fundraising
- ▶ Expertise – connection to power, water supply, drainage
- ▶ Hard & soft landscaping
- ▶ Fencing/security
- ▶ Clearing/preparing proposed area
- ▶ Potential uses by the community





# Bringing people together



AMAZING  
minds 

