

# Cordwalles Junior School Wellbeing Workshop



## Organisation

Cordwalles Junior School

## Target Group(s)

Year 6

## Context

The opportunity to attend the workshop was given to Year 6 pupils targeting those who find social integration in school challenging, those anxious about the transition to secondary school as well as those who already experience some difficulty in their current setting. The aim of the day was to enable pupils to develop practical skills that would allow them to successfully deal with choice, change and challenge in their life inside and outside school. The Insideout wellbeing workshop offers tools to help young people rediscover and nurture their true potential.

## Action planned

The event was held on a Tuesday during school time and from a year group of 52 Year 6 children participated in the workshop. The event was held from 9.00 – 3.00. The event was a compulsory part of the school day. The children thoroughly enjoyed the event. Many of them came away from the workshops with an increased understanding of relaxation methods.

The workshop included sessions that looked at strategies to cope with periods of change through relaxation and meditation.

## Outcomes and Impact

A total of 52 children participated in the workshop, 100% of the Year 6 group. During the day the practical activities and group work enabled them to develop increased confidence in learning new skills, raised their self esteem and realisation that they have control over emotions and responses, and inspired them to learn more about healthy choices.

Suzie Harris, assistant head teacher, who co-lead the event with SHC Family Support Worker Nikki Ambrose, reflected on the workshop's positive contribution. "To see our children mastering the skills demonstrated by the activity instructors, and then having gone on to contributing to a presentation about their experience was really encouraging. We hope that as a result of their enthusiastic participation we will see average or higher attendance during the coming term, reduced disruption during class time and engagement in further voluntary learning beyond the classroom."

There was an initial induction from the staff leading the workshops and then follow up sessions in groups. The strategies discussed were then looked at in classes following the workshops.

## Next Steps

Following the success of the workshop, they continued to use the strategies with the Year 6 children, as will the teacher with the next Year 6 group.