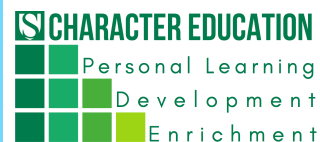


New for

2020



An extra-curricular club where students are reminded to embrace how to be your best self; a positive, motivated and brilliant person!

The Art of

WELLBEING TEAM



- ➔ **Wellbeing of the Community:** Engaging students and the local community in positive thoughts, actions and habits.
- ➔ **Wellbeing of Southam College:** To empower the students and staff of Southam to deliver positivity, happiness and brilliance across our school.
- ➔ **A Brill you:** Self-reflection and challenging your own skill set to be the best you can be!

The Art of Wellbeing Team programme has been designed by our Sixth Form students in both the past and present. The Senior Wellbeing Mentors for the programme consists of several students. For the academic year of 2020-21 our Chair of the Wellbeing Team and Spokesperson is Aisling Geraghty who will be responsible for 'Happiness & Wellbeing' but also 'Mental Health Awareness' as a Psychology student. We also have

several deputy and vice leaders who will be working across both key areas but all have a key responsibility area for the team. There are 26 Sixth Form Wellbeing Mentors in total for this year. The Team meet on a weekly basis as during Society time on a Wednesday to discuss, plan and prepare for events with a key aim to leave a sustainable, long-term wellbeing ethos. This is driven by the students themselves who are

dedicated to spreading positivity to younger students.

It is fantastic to hear the incredible ideas and passion from the students already after launching the society with the cohort only a few weeks ago. We are really looking forward to working together as a group to embrace the wellbeing of ourselves, others and the community.

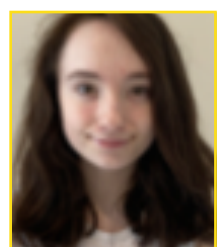
Mrs Campbell-Birch and Miss Brown

Chair of the Wellbeing Team- Team Leader & Spokesperson- Aisling Geraghty

My name is Aisling and I am extremely happy to have been nominated to be

the Chair of the Wellbeing Team. There is nothing I am more passionate about than making sure people know how to maintain good wellbeing and mental health. Our group works towards providing strategies and support on a range of aspects to do with maintaining a healthy and happy mind because before starting any new adventures, we need to look after ourselves and make sure we are ready for the road ahead! Especially with the current situation, it can be even harder at the moment to make sure we sustain a healthy lifestyle and wellbeing so our team will be working even harder with our activities we will be doing around school. As the spokesperson, I believe no one should be afraid to speak out about their mental health and our team will be working on spreading awareness and discussing a wide range of mental health issues to make sure nobody feels alone. I feel myself that wellbeing can often be overlooked and forgotten about at times and my aim is to make sure our team promotes it the best we can and hopefully encourage change and end the stigma! During this Covid-19 pandemic, we understand that things we are planning may need to be adapted and inevitably going to need to change in terms of events that are normally held, but we want to do our very best as a team to ensure conversations are still had and we try to eliminate the stigma around mental ill health.

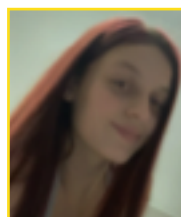
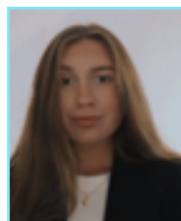
Vice Wellbeing Team Leaders- Mentoring and student support team- Katie Randle, Emily Evans & James Ware



As part of the Wellbeing team we have several aims but we believe that one of the main ways to have good wellbeing is to try and have a goal of a positive mind set. We personally feel that we can empathise and understand how difficult life can be sometimes. So we want to help to promote and have an impact to ensure that every single individual, no matter their background, has a voice and make sure that their individual voice is heard. We want to inspire confidence in those who may not believe in themselves in order to ensure that they reach their full potential no matter how big or small their goal may be for them. Each individual must know that a mental health issue doesn't make them weak, it's what makes us human to recognise times of stress.



Vice Wellbeing Team Leaders- Student & community engagement - Amy Latus and Ellie Haynes



We are the vice-captains of the well-being team with a focus on student and community engagement. We are both proud to be involved in such a positive community. Both of us are passionate about the mental health of others and ourselves. We are excited to promote and educate others on the importance of everyone's wellbeing.

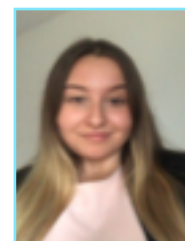
We aim to raise awareness of mental health issues within the students and hopefully even the staff, aiming to hopefully bring out the very best of others to make an even more positive community here at Southam College. Additionally, we both hope to learn from others and help others learn, understanding the challenges of facing a mental health issue in today's society.

Vice Wellbeing Team leaders- Creativity & production team- Sophie Storer. Also Felicity Richards and Tegan Smith



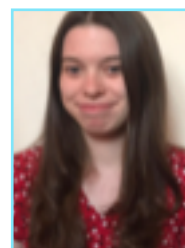
Hi, I'm Sophie and I have decided to become a part of the Wellbeing Team because it will give me an opportunity to learn more about mental health. I am really passionate

about Art and Textiles and this gives me the opportunity to incorporate my creative side and my academic side within the Wellbeing Society. My aims for this year is to increase the awareness around mental wellbeing in a creative way. This will help all year groups become more involved in being more open and supportive towards each other. We are really looking forward to making products to help fundraise for the team but also hope to raise morale around the school environment with the creative elements we as a team can produce.



Hi, I'm Tegan and I have a huge passion to be part of this society because I care for the mental health of the entire school as a whole. I take pride in being creative and because I take both Art and Textiles at A

Level my aims are to spread positivity through creativity as much as possible, which will hopefully have an impact in terms of bringing smiles to faces, joy and getting students engaged.



Hi, my name is Felicity Richards and I study Art textiles, photography and Health and Social care. I have decided to be part of the wellbeing team as I feel that mental health and wellbeing are still a very taboo subject even in this day and age. I want to try to change this and want to bring a sense of normality through talking about mental health by using creativity- everyone should take time to look after their wellbeing and we hope to bring a sense of fun and colour to that!