



Mental Health & Wellbeing
Primary Partnerships 2022 -2023

Mental Health & Wellbeing

The following are topics for assemblies, talks and workshops. We are flexible and can adapt material to suit the needs of your students and lesson times.

Managing our mental health	EYFS, KS1, KS2
Language and diversity	KS1, KS2
Managing worry and anxiety	KS2
Managing big feelings	EYFS, KS1, KS2
Introduction to yoga	KS1, KS2
Introduction to mindfulness	KS1, KS2
Language: When banter becomes bullying	KS2

Mind Up Training & Teaching

A 4 week programme of lessons based on the 4 principles of neuroscience, mindful awareness, positive psychology and social-emotional learning.

1. My mindful brain	EYFS, KS1, KS2
2. Mindful senses	EYFS, KS1, KS2
3. Building wellbeing with a mindful mindset	EYFS, KS1, KS2
4. Mindful of ourselves in the world	EYFS, KS1, KS2

Relationships & Sex Education

Consent & body boundaries	EYFS, KS1, KS2
Preparing for Puberty	KS2: Years 4-6

Preparing for Puberty is a series of 3 lessons (45mins - 1 hour) over 3 terms for years 4,5 and 6, covering the physical and emotional changes in puberty, genital terms, periods, fertilisation, sexual intercourse to make a baby, other ways to have a baby and giving birth. Children are invited to submit questions throughout the course and a parent webinar is offered to explain what the children will be learning.

Staff CPD

Youth Mental Health First Aid 2 day course	Abingdon School
Youth Mental Health First Aid 1 day course	On site
Youth Mental Health First Aid half day course	On site
Adult Mental Health First Aid 1 day course	Abingdon School
Staff wellbeing CPD	On site
Social-emotional learning in the classroom	On site
PSHCE/RSHE support - curriculum, statutory guidance, engagement, resources	On site
Safeguarding - Understanding harmful sexual behaviours	On site
Safeguarding - Understanding online sexual abuse and INCEL culture	On site

Parent/family webinars

Relationships & Sex Education: What will my child be learning?
Managing big feelings - supporting emotional regulation at home
Digital health & wellbeing
Emotional health for you and your family

Our team

Natalie Hunt is the Mental Health & Wellbeing Coordinator for Abingdon School. Having previously taught Drama for 10 years, she developed a strong interest in young people's mental health and retrained in Youth Mental Health First Aid (England) and Relationships & Sex Education (with Acet UK). She now supports schools in implementing a whole school approach to mental health and wellbeing through staff training, parent talks and working with students on a wide range of issues. Most recently she has helped students in years 11-13 to manage their anxiety over exams and strongly believes in the importance of early intervention and prevention of mental ill health. Natalie is a DDSL and supports safeguarding teams in the schools she works in.

Henry Barnes is a teacher of Philosophy and the head of yoga at Abingdon School, where he has worked for nine years. Having had a number of mental health battles himself over the years, and having a background in schools from a young age (with his own father having been his headmaster!), Henry is now well placed to support staff and students alike, and is a passionate advocate of self-development and personal betterment. While some argue that an approach to this important area is just reflective of the 'snowflake' generations, Henry disagrees profoundly, arguing that building mental health strategies and techniques into our everyday lives will only make us stronger, as well as more resilient, complete and content, people.

If you are looking for other specific topics, training or resources, just get in touch by emailing Natalie Hunt (Mental Health & Wellbeing Coordinator) at natalie.hunt@abingdon.org.uk

