

Mental Health Wellbeing Term 5 Edition 2



Welcome to the joint mental/health wellbeing newsletter!



In this edition you will find

- Rivermead Rotaract Recycles
- DfE Wellbeing Charter
- 'Cultures of Staff Wellbeing and Mental Health in Schools'
- Key Dates

Rivermead Rotaract Recycles



Rivermead Rotaract Recycles is the first major project being run by the Rivermead Post 16 Rotaract members. Working collaboratively with some of Kent's best recyclers, we will be running a trust wide recycling competition to try and encourage people to think more about the items which we throw away daily. Each provision will have their own recycling tower which they can fill with the items from our "Recycling's Most Wanted" list. For the duration of the competition (Term 6) the items will be collected weekly and added to the leader board so that at the end of term, Rotaract can crown one provision "RIT Recycling Role Models".

Items wanted and for what cause?

Empty cheese packets, nets or mini cheese wrappers - MIND

Egg cartons (Plastic or paper) - Gillingham Street Angels

Empty Crisp packets - Crisp packet project to make survival blankets

Used stamps (Not ripped) - Kicks count, a baby movement awareness campaign

Broken plastic bags & plastic bread bags – Weaved Sleeping mats

Drink can ring pulls - The purple community fund

Used toothbrushes, electric toothbrush heads, tooth pastes and floss containers- Kent Baby Matters

Milk bottle tops – Oliver Fisher Baby Unit

Domestic printer ink cartridges - British Heart Foundation

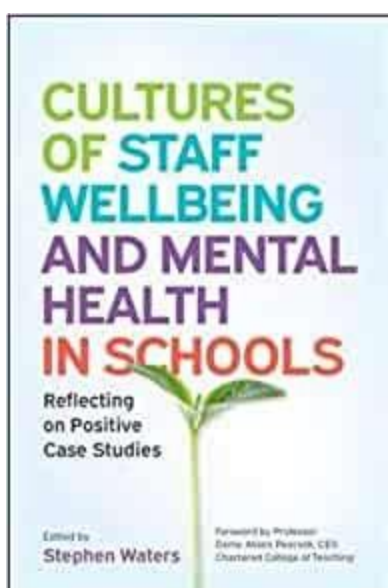
Empty Medication packets - Parkinson's UK

Used Pens (Including highlighters and colouring pens) - Comic Relief

Personal care and beauty products (Roll on deodorant (Not aerosol) , Makeup wipes packaging, sprays bottle, pumps, hair dye packaging)- Teracycle reduce landfill

Bras – Smalls For All

Mr Dadson, the author...



‘Research evidence shows that education and health are closely linked; so, promoting the health and wellbeing of pupils and students within schools and colleges has the potential to improve their educational outcomes and their health and wellbeing outcomes.’

My belief and that of the Trust is that the relationship between pupil wellbeing and attainment is only part of the picture; if staff wellbeing and mental health is also taken care of, we will be able to teach at our very best and produce high quality teaching and learning experiences for pupils.

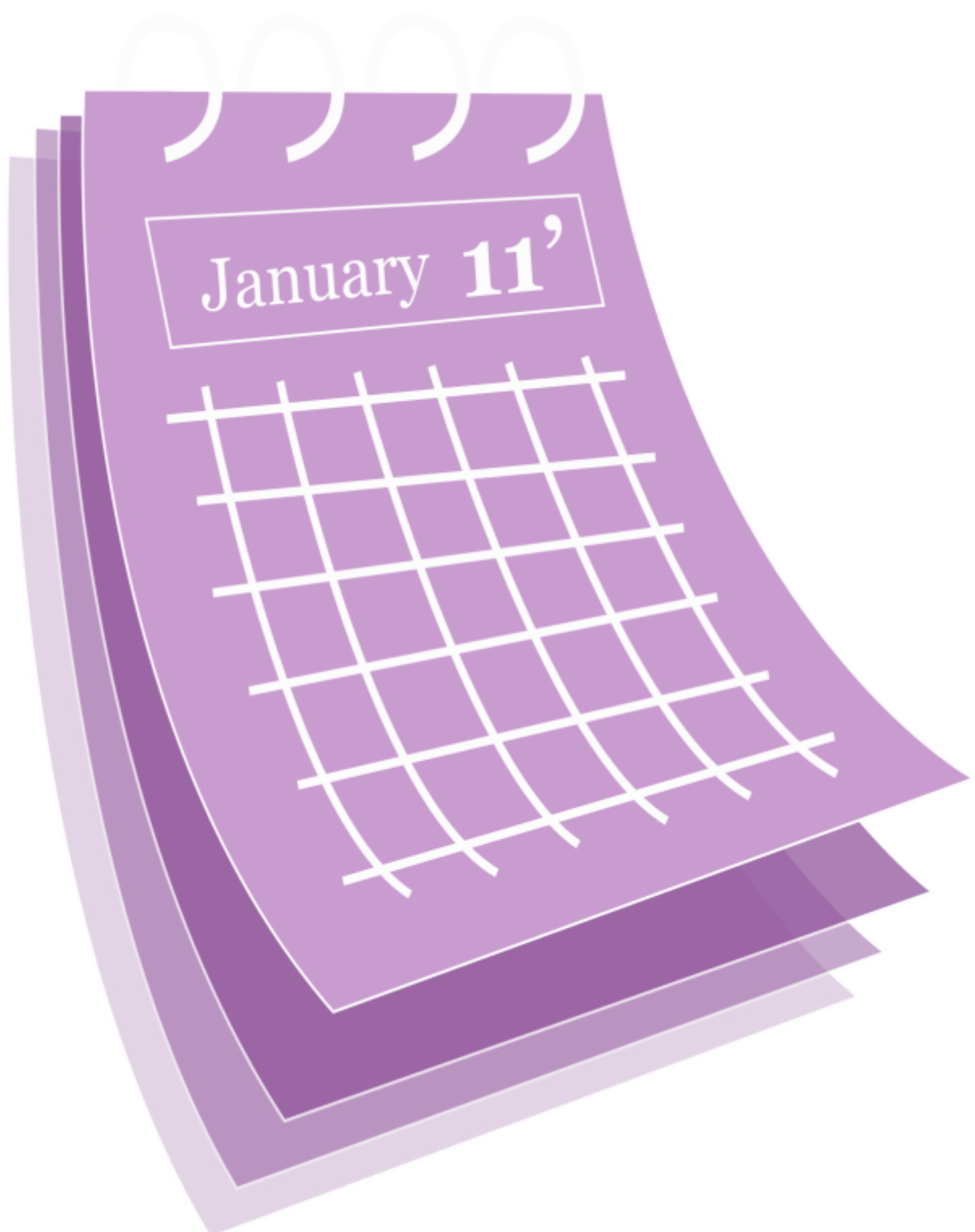
Our philosophy and actions as a Trust have led to us being asked to write a chapter of book titled “Cultures of Staff Wellbeing and Mental Health in Schools” which is being published on 25th May. This chapter outlines the journey we have been on as a Trust set of schools and sets the background for which our amazing new well being leads, Lois and Kirstie, will continue the journey.

If you are interested in reading the book and finding out what other schools have done too in championing wellbeing then it can be acquired from Amazon and other good book stores. [Link from amazon](#)

The education staff wellbeing charter is a declaration of support for, and set of commitments to, the wellbeing and mental health of everyone working in education. As a Trust we will be looking to sign up to the charter when available in the autumn. Please take the time to familiarise yourself to the charter and share the

commitment to protect, promote and enhance the wellbeing of us all. Let us know any thoughts and feedback you may have too. [Here it is!](#)

Dates for your diary!



You've got mail term 6

It's that time again for 'You've got mail'. Wanted to give you all plenty of time to get organised. It was a little rushed last time!

If you are signed up for YGM then please could:

1. Start collecting items for your boxes and make sure you still have your box. Let me know if you haven't
2. 7th - 9th July boxes will be collected from your school offices by Warren
3. Week of 12th July boxes delivered to recipients by Warren

Thanks everybody ☺

Wellbeing Week

W/C 28th June