



Nell Nicholson
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How to promote Health and Wellbeing in Schools



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Reflection at the heart of the process



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Learning Outcomes of session

To have a practical understanding of reflective practice models for school settings and the benefits of this approach



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graph TD; A[To have a practical understanding of reflective practice models for school settings and the benefits of this approach] --> B[Practical ideas to develop wellbeing through pupil voice and partnerships with parents/carers]; B --> C[To understand the benefits and approaches to reflective practice for staff];
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Practical ideas to develop wellbeing through pupil voice and partnerships with parents/carers

To understand the benefits and approaches to reflective practice for staff



What is reflective practice?

- Conscious reflection on your actions to improve the way you work
- Thinking about and reflecting on situations after the event helps people to:
 - Gain insight into themselves
 - Learn from others
 - Create a shared meaning
 - Learn from experience



What does a reflective
practice model look like?

- Children
- Families
- Professional networks
- Local authorities

partnership

- Multi disciplinary teams working together with children and families
- Staff thinking and planning together to meet the needs of children & families

integration



Adapted
curriculum


reflective
practice

- Child led personalised planning
- Preparing range of activities for different learning styles and needs
- Pupil voice

- Supervision/reflective practice spaces for groups & individuals
- Understanding behaviour as a communication



Developing Pupil Voice
in the curriculum



Health & wellbeing practice – the curriculum

Holistic, needs led approaches to curriculum design – particularly helpful with children with SEND

Sensory and emotional regulation interventions:


- Working with the school OT to develop approaches – e.g. Zones of Regulation (ZOR) and sensory regulation toolkits for children
- Carousel approaches segmenting learning activities for pupils with attention difficulties and providing activities for different learning styles
- Systematic structure to build in reflection time and framework for children after incidents



Developing Reflective practice – the curriculum



Adapted curriculum

- Well being slots for children to explore techniques such as mindfulness, meditation and yoga
- Reflection on curriculum content with children to engage and consider learning styles
- Use a carousel approach for some children who have short attention span and work better with shorter and varied activities (to include kinaesthetic activities as well as more traditional paper based work)
- To vary and make explicit supported and independent activities for children requiring more support
- To include pupil voice slots in the curriculum – e.g. school council and/or committees so the children feel included but can also take responsibility




Pupil voice – the
balance of rights
and
responsibilities

- Expand the remit of school council by introducing committees co led by pupils and staff, e.g.
 - Anti bullying
 - School events
 - Equalities
- Introduce circle times/forums to discuss ‘community issues’ – these can be co led by pupils and staff



Benefits of developing a system for reflecting on behaviour after incidents

- Develops their understanding of behaviour and what feelings may be behind it
 - Develops their capacity to understand their own triggers
 - It allows them to explore and develop different coping/self regulation strategies
 - It helps build emotional vocabulary and awareness
 - It can help build capacity to recognise and control level of arousal
 - It helps children to take responsibility for their actions as they feel less blamed
 - It provides opportunities for them to put things right
 - It can help to develop empathy for others
- 



Partnership with parents/carers

- Parent/carer afternoons/days to join lessons/participate in activities
- Working together with parents/carers to plan events
- Parents/carers joining committees
- Parent forums to input into development of policy & practice
- Informal opportunities for parents/carers to meet
- Involving parents/carers in finding solutions/problem solving difficulties their child may be having



Reflective Practice for staff

Reflective Practice in Action

Why we do it.....

Noticing our emotional experience when with a child gives us crucial insight if we have the tools to make sense of it – its like emotional gold dust

This is an interrelation process – a 2 way dance

Conscious and unconscious processes and dynamics are in the ether!



Benefits of Reflective Practice in Staff

The benefits of reflective processes: - wellbeing, personal professional development, supports trauma informed practice

- Enables us to understand, make sense of puzzling/difficult situations
- Helps us to reflect on what it felt like in the moment and consider how might this have influenced our response/behaviour
- Helps us to use our emotional responses as a source of information
- Keeps us safe by **reducing the likelihood of us enacting the feelings** (e.g. breaking boundaries, under-reacting, over-reacting, distancing, becoming over-involved)
- Can help us to help others **understand their experiences**

Reflective Practice in Action...

How can teams achieve a culture of team and individual curiosity and enquiry?

- Individual supervision/reflection spaces
- Reflective group spaces
- Debrief opportunities
- Multi professional team meetings to plan and review

More Benefits of Reflective Practice in Staff

- Provides support and reduces isolation as we work alongside our peers
- Boosts morale and satisfaction in recognising what has gone well
- Identifies opportunities for personal and professional development
- Develops professional authority
- Develops critical thinking
- Develops a reflective capacity (a lifelong skill)

Linking
systems
together



Next Steps.....

- Meet with SLT to explore ideas presented
- Gather a small working group to champion the approaches
- Propose some small group sessions with staff and pupils to pilot some ideas
- Develop an Action Plan including audit of what you already do and further training as appropriate
- Consideration of budget & time allocation for the project



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Any Questions?



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