



Mental Wellbeing Video Series

Guide to using these resources

WAVE's vision:

Supporting our children and young people to learn well and be well

MENTAL WELLBEING VIDEO SERIES

Background

In 2020, the WAVE team had organised a mental wellbeing workshop for South Canterbury kaiako that focussed on the 5 ways to wellbeing and included education settings sharing examples of their mental wellbeing work. Due to COVID-19, the workshop was cancelled, and presentations reworked into a series of videos. This guide outlines how to use these resources and questions you can use following the videos.

Who is this for: kaiako, Principals, Head Teachers, senior management, teacher aides, Boards of Trustees, Kāhui Ako Wellbeing Leads.

How to use: the short videos can be used in staff meetings, teacher-only days, syndicate meetings or similar. Questions to work through as a group following the videos are included in this guide.

Summary of Content

Mental wellbeing introduction and overview

(We recommend you begin here and watch this video first)

Ciaran Fox, Mental Health Foundation gives us a recap of mental wellbeing and positive mental health, including Te Whare Tapa Whā and the 5 Ways to Wellbeing. This is a short and engaging video that provides a great basis for the mental wellbeing video series and is recommended to watch first.

Link to video: <https://www.youtube.com/watch?v=FDTBq-xEsHE>

Length of video: 9 minutes

Sparklers – wellbeing activities for tamariki

Sparklers is an Aotearoa-designed, free online toolkit of wellbeing activities for tamariki Years 1 to 8. Kaiako can adapt the activities for ECE and secondary school students. Backed by science, Sparklers has nearly 100 activities designed by child behavioural experts to support tamariki with learning about their mental health and wellbeing. Watch Anna Mowat provide an engaging overview of Sparklers, where to access the resources and how to use them.

Link to video: <https://www.youtube.com/watch?v=g6c2IKOruds&t=2s>

Length of video: 8 minutes

We recommend including some time to look at the Sparklers website after watching the video www.sparklers.org.nz

Student wellbeing – Craighead Diocesan School

Kim Fairbrother, Head of Department Health, and Kayla Cunningham, Sports Director, share how the COVID-19 Alert Level 4 lockdown in March 2020 prompted them to establish a wellbeing instagram page to support their students and extended community with a focus on health and wellbeing. Due to the positive feedback, Kim and Kayla have continued to manage the page. Watch this video to hear more from Kim and Kayla about how they are promoting mental wellbeing and engaging with students and the wider school community (including some schools in the UK!).

Link to video: <https://vimeo.com/585498760>

Length of video: 6 minutes

Wellbeing leadership – Waimate Kāhui Ako

Waimate Kāhui Ako identified wellbeing as a focus area. Here, Jonathan Young, in his previous role as Waimate Kāhui Ako Lead and Principal at Waimate Centennial School shares their journey and the approach the Kāhui Ako has taken to embed wellbeing. Starting with Principals, the journey has developed with staff and then onto students.

This video can be viewed in one sitting or divided into two or three, depending on your time and what suits your team.

Link to video: <https://vimeo.com/manage/videos/587557528>

Length of video: 19 minutes

Questions to use in groups following each video

Thinking about the session you watched:

- What stood out to you?
- How does your ECE/school/tertiary provider already implement the 5 ways to wellbeing?
- What are some practical tools that you could use in your education setting?
- What is one concrete action you will take following this video/session?
- What is one (or more) action(s) you might try if you have time
- What will your next steps be and who will lead it?

On completion of the series, please use the following link to provide an evaluation:

https://www.surveymonkey.com/r/WAVE_MentalHealthOnlineEvaln

Useful websites and further resources are available on the Links and Downloads/Mental Wellbeing page of the WAVE website:

<https://www.wavesouthcanterbury.co.nz/links-downloads/oranga-hinengaro-mental-wellbeing/>

You can also contact your WAVE facilitator for information and to share feedback about using these videos.