

WatfordFC
wellbeing



**Positive
Minds;**
Education

Positive Minds;

Information Pack



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Who are Watford FC's Community Sports & Education Trust?

We are an officially registered charity (*Charity No: 1102239*) engaging with our communities through sport, physical activity and learning on behalf of Watford Football Club.

Our mission: Making a positive difference for all through sport, physical activity and learning.

Our vision: Improving lives, enhancing communities.

Our values: Integrity, inclusivity, innovation

The Trust run 34 different programmes across Hertfordshire and its surrounding areas, as well as in the London Boroughs of Harrow and Hillingdon. Although the Trust may traditionally be seen as purely a football provider, this is certainly no longer the case.

Our programmes span from sport and physical activity to employability, weight loss and management, reminiscence, various school support provisions and mental health and wellbeing. We support and work with people of all ages, from young children up to the elderly, and with individuals, groups and families.

What is Positive Minds;?

Positive Minds; Education is a 10-week programme combining classroom and practical based activities to engage Year 6 students in the topic of mental health. Year 6 is a time of transition, during which young people are more likely to experience and develop mental health issues.

Our programme has been developed to support students ahead of this change, to help them increase their knowledge, and instill key tools to improve and support their wellbeing.

The aim of the programme is for students to be able to:

- Understand what mental health is and what it means to them.
- Identify at least 3 healthy coping strategies that are specific to them as individuals.
- Identify their support network and some local mental health support services.



The programme covers a wide range of topics over the 10-week period including:

- Introduction to mental health
- Building positive relationships
- Body, mind & resilience
- 5 ways to wellbeing
- Gaming
- Social media & internet safety
- Body image
- Emotional literacy & emotional regulation
- Talking about mental health
- My next steps & future planning

If you would like further details on the Trust and the opportunities your students could have through their journey with us, please visit:
www.watfordccsetrust.com

How much does it cost?

The programme is fully funded, via NHS CAMHS and the Premier League Charitable Fund. This enables us to deliver it free of charge to primary schools.

Who is the programme available to?

The programme is designed for Year 6 students and is available to all primary schools in Hertfordshire. The whole Year 6 cohort will be supported in their usual class setting. We can support however many Year 6 classes you have, whether you are a one, two, or three form entry.

When do the sessions run?

We have three delivery phases that run through each academic year: Autumn, Spring and Summer. We aim to book schools in for the programme at the end of one academic year in advance for the next, in line with school timetable preparation and planning.

Autumn

September–December

Spring

January–March

Summer

April–July

Where do the sessions take place?

The sessions are delivered during the school day in the students' usual classroom setting. We have two delivery options for the programme, dependent on the school's location and preference. Both options offer the same programme content to allow all students to gain the same knowledge and skills.

In person:

- Our facilitators will come to your school at the same time and day each week for the 10-week period. 1 facilitator per Year 6 class (plus classroom teacher).
- All students will receive their own workbook to use for tasks and to give further knowledge and support.
- Group work and open class discussions facilitated by staff.
- Weekly interactive tasks to aid topic understanding and student participation.
- Weekly lesson objective evaluation, to monitor students' learning and understanding.
- Facilitators will bring and provide all activity equipment needed for the sessions.
- Students complete a pre and post programme evaluation within the sessions on week 1 and week 10. This data is reported back to the school.

Online:

- Pre-recorded videos of the sessions delivered by our facilitators for students and teachers to follow along on the same day every week for the 10-week period.
- All students will receive their own workbook to use for tasks and to give further knowledge and support.
- Group work and open class discussions explained on recordings and facilitated by classroom teacher.
- Weekly interactive tasks to aid topic understanding and student participation.
- Weekly lesson objective evaluation, to monitor students' learning and understanding.
- Students complete an online pre and post programme evaluation prior to the sessions on week 1 and after week 10. This data is reported back to the school.





How does the programme support the PSHE curriculum?

Our programme content has been developed and co-created with leading mental health providers for children, including; Anna Freud Centre for Children, the Charlie Waller Trust, Young Minds, Mental Health Foundation, Pixel Learning, Public Health Herts, as well as input from teachers, students and facilitator staff.

Positive Minds; programme supports a lot of the topics within the 'Relationship Education' and 'Health Education' curriculum.

Health Education:

- Providing key mental health statistics to help reduce stigma and misconceptions.
- Helping students to recognise their own 'normal' to help them to be able to identify when they start to struggle.
- Encouraging students to be able to talk about their mental health and provide guidance on who to talk to and where to seek help if they are struggling.
- Teaching students that our physical health and mental health are interlinked.
- Promoting positive emotional and mental wellbeing through building confidence to talk openly about their wellbeing and the use of guided activities that help students to identify and implement coping strategies that are useful to them.
- Normalising mental health struggles and the range of emotions that people can fluctuate between on a regular basis.
- Informing students about the benefits to limiting time spent online and being aware of what they are doing/playing/observing.

Relationship Education:

- Building positive relationships and understanding what makes a relationship positive or negative.
- Identifying their support network and the effect that a strong network has on their mental wellbeing.
- Understanding how to effectively communicate with others.
- Being aware of how to identify warning signs in themselves and others who might be struggling with their mental health.
- Building awareness of online safety, data sharing and appropriate online behaviour.





Programme outcomes

Over the last three and a half years the programme has successfully supported over

14,000

Year 6 students across Hertfordshire.

From our end-of-evaluation questionnaires completed by every school at the end of the programme, on average:

98%

of students now understand what mental health is.

83%

understand the link between their lifestyle and their mental wellbeing.

86%

of students now understand what their stressors are and know how best to manage them.

90%

of participants can now recognise the difference between healthy and unhealthy coping strategies.

Testimonials

Teachers

“Very enthusiastic staff delivering the sessions. They could handle the classes well and responded to their questions with ease and insight. We were very impressed by the delivery of each session (both the staff member and the visual PowerPoint).”

“They were excited by each session and every member of the class contributed to discussions. Positive Minds was a real eye-opener to lots of the children and the delivery was expertly done.”

“Our children found it very useful and it was a great leaping off point to have in-depth discussions.”

“I thought the whole programme was excellent. I really valued the quality of the delivery; the depth of knowledge and experience that you could offer the boys was far more than I could ever have hoped to achieve.”

“The children were interested and engaged throughout the sessions.”

“They all really enjoyed the sessions and learnt a lot.”

“The pupils were thoroughly engaged with the learning and activities, as were the staff! I personally found the materials were clearly communicated.”

Year 6 students

“I think this project has helped me to understand mental health issues more. I liked the quizzes and some of the activities were fun.”

“I learnt some things about mental health and goal setting and resilience.”

“The project has helped me to control my emotions and recognise why I feel that way.”

“It’s been really fun. I’ve learned about resilience and how to talk to people about mental health issues.”

“I love having my work in my own folder because it is private from everyone else.”

“I liked the anxiety activity because I’d heard the word but now, I understand what it means.”

Parents of students

“X is now more confident and able to speak up more and explain how he is feeling and how I can help him.”

“I was really impressed with how the project was explained to us and that Watford Community Trust is able to offer such an important outreach project to local schools. Both the presenters/course leaders were extremely approachable but also extremely well qualified; both reassuring points. My son has already talked to me about the workshop and about the coping mechanisms they have learnt in the sessions at school. To have such a course (and the presentation) available to us is a huge benefit to our children.”





How to sign up

- Contact kennedy.morgan@watfordfc.com or taylor.morrison@watfordfc.com to register interest and find out what delivery option is available for your school. We are able to discuss the programme and your students' needs on a phone call in more detail if that suits you; this can be arranged when emailing to register interest.
- On confirming a suitable day and time, and how many Year 6 pupils you have, you will receive an SLA agreement.
- You will need to complete a full SLA form and return as a reply to the email sent to you.
- Await to receive a confirmation email with further details on what will happen next in the lead up to the programme starting.

