

# Williamwood

# High School

# Support Groups





# Group Sessions



- Anxiety Management
- Growth Mindset
- ASC Group
- Practical Philosophy Group



*All group sessions will take place in the hub which is located in pupil support, towards the music corridor.*



# Anxiety Management



- Uses cognitive behaviour therapy (CBT) to help develop strategies to manage stress/anxiety.
- Non-therapeutic- you will not be asked to share your experiences.
- You will be encouraged to think about your current actions and aim to make changes to how you act.





# Growth Mindset

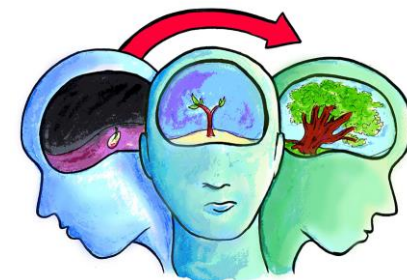


What is **growth mindset**? It's when we believe our talents can be developed through effort, using healthy strategies and considering input from others.

- **What is the purpose of this group?** Supporting young people with a growth mindset to believe that growth is limitless and they challenge themselves daily to use obstacles as a stepping stone for further progress.



- **What's involved?** This group will meet for one period every week and run for six weeks. A variety of resources will help young people explore growth mindset themes through ice breakers, group work and other creative and dynamic ways including, art, music and film.





# ASC



- **ASC** (Autistic Spectrum Condition) group is a safe, welcoming space for young people with ASC to discuss their experiences and explore issues with a view to fostering positive social interactions, emotional wellbeing, confidence and friendships.
- A community worker leads the group and ensures that the approach responds directly to the needs of those participating.

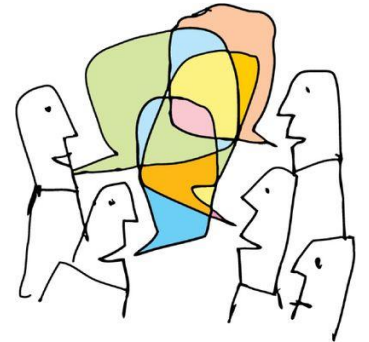




# Practical Philosophy Group



- The provides an impartial space and opportunity for pupils to express their ideas and views of the world in a non-confrontational way, where all contributions are valued.
- Participating in the Practical Philosophy Group provides challenge for pupils and develops many transferable skills including talking and listening, turn taking, engaging with others, and develops respect for differing views and opinions.
- Health and wellbeing can be improved by building confidence and strengthening self-esteem. It enhances children's rights by empowering pupils to share their thoughts and opinions on matters that affect them.





# Individual Support



- Wellbeing Mentor
- Keeping it Calm (KiC)

*These sessions will take place in a private place with a member of staff. These sessions are extremely limited and we will try to match you with a mentor as soon as possible.*





# Wellbeing Mentor



- A 6 week programme which aims to allow young people to develop anxiety management strategies.
- You will consider current behaviour and aim to find more successful ways of coping.
- Will be delivered one-to-one with a wellbeing mentor.







# Keeping it Calm (KiC)



- **KiC** is a 1 to 1 intervention, comprising of a series of activities.
- **KiC** explores a variety of ways in which our bodies and minds react to everyday events. As you learn more about the negative feelings you sometimes experience, you will develop strategies to overcome these.
- The programme will allow you to reflect and consider your feelings whilst developing actions to implement when things get out of control.





# Who will take the support sessions?



- All sessions will be taken by a trained member of staff.
- They will happen once a week over a 6 week period.
- An evaluation will be taken at the start and end of your block to see if you found it beneficial.
- All information is confidential.

SUPPORT  
SESSIONS



# How do I sign up?



**Complete the Microsoft Form from the link below, or by using the QR code:**

<https://forms.office.com/r/mhNcySaCQ4>



**If you can't access using link or QR code, you can access via your pupil support group Google Classroom.**

**Speak to your Pupil Support teacher.**

**Parents will also be able to sign you up.**

**Deadline for signing up is Friday 14<sup>th</sup> January.**