

Take5

steps to wellbeing

A GUIDE FOR SCHOOLS



Connect



Keep learning



Be active



Take notice



Give

Introduction

Take 5 steps to wellbeing is an evidence-based public health message aimed at improving wellbeing. Based on the Five Ways to Wellbeing developed by the New Economics Foundation (NEF), these simple and effective messages are grounded in solid evidence and draw on a wealth of psychological and economic literature from interdisciplinary work.

These simple 5 steps to wellbeing contribute to improving wellbeing in its fullest sense, both physically and emotionally, where people can feel good and function well. Evidence indicates that it is individuals who practice all '5 steps' who have the highest level of wellbeing.

As a school, you can use the Take 5 steps to wellbeing to help identify opportunities to promote wellbeing, not only with the pupils, but also with staff, parents and the wider school community. Take 5 also complements the EA's new Health and Well Being Strategy and its key themes of promoting, education and supporting Healthy Minds, Healthy Bodies, Social Health, Giving Back and Financial Wellbeing.

Kim Scott

Acting Director of Education



What are the 5 steps to wellbeing?

The 5 steps to wellbeing are:

to **CONNECT**, **KEEP LEARNING**, **BE ACTIVE**, **TAKE NOTICE** and **GIVE**.



Take 5 is a simple message that can be used by everyone. As school leaders, you are best placed to know how to encourage participation in each of the steps depending on for example, the age and cognitive ability of the pupils.

The aim of this booklet is to give a very brief overview of Take 5 steps to Wellbeing and

some of the possible ways to incorporate it into your school community. Further ideas and resources can be found in the Take 5 toolkit which is available through the contacts at the back of the booklet or can be downloaded from <https://www.makinglifebettertogether.com/wellbeing-resilience/>

Take Five Schools Model



As a school, we suggest that you begin by identifying the level of need within your school. What does your school already do to support wellbeing? Is there continuity between different programmes, year groups etc.? Where would the Take 5 steps to wellbeing fit within your current activities, action plans or curricular areas? Could you bring activities together under the umbrella of Take 5 steps to wellbeing? Using the Take 5 Star below could help with this process.

Take 5 steps to wellbeing star

Start at the centre and colour a circle for each activity your school does well for each of the Take 5 steps (some examples are given but feel free to come up with your own). Use the star to reflect on the areas of Take 5 that your school does well and look for areas that could be improved.



Introducing Take 5 steps to wellbeing in school

There are many different ways you could incorporate the Take 5 steps to wellbeing message within your school from a basic introduction (level 1), through to a whole school, holistic approach (level 3).

Level 1:

- Staff briefing for teaching and non-teaching staff (Please see contact details on back page to arrange)
- Take 5 steps to wellbeing pledge
- One-off event or assembly
- Classroom based lessons or activities for individual classes/year groups
- Distribution of Take 5 steps to wellbeing flyers

School Pledge

We encourage you to write your own pledge and share it with pupils, staff and visitors.

“ Our school pledges to promote the **Take 5 Steps to Wellbeing** within our school environment. Our commitment to Take 5 will be visible to all staff and pupils and participation will be encouraged through a supportive environment. We will... ”

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Grammar School,

Supplied by:
Janine Gaston,
Impact Network NI



Level 2:

Building upon the ideas in level 1, your school could show commitment to the Take 5 steps to wellbeing message through a more pro-longed and strategic approach to implementation.



- Noticeboards and/or dedicated Take 5 steps to wellbeing Area
 - Planned range of activities for each year group throughout the academic year
 - Annual celebration event



At a time when young people are under increasing pressures in their lives – social media, peer pressure, a changing economic climate and of course exams – we feel very strongly that it is important to help them to learn how to manage difficult times and how to look after their mental health and wellbeing. Our 'Take 5 event' involved the whole school from Years 8 – 11, approximately 460 pupils. Each year group took part in a range of activities which link to the 5 steps of Connect, Give, Take Notice, Keep Learning and Be Active.

Level 3:

At level 3, Take 5 steps to wellbeing would be fully integrated throughout your school and reflected both in policy and practice.

- Use the Take 5 steps to wellbeing star to develop a focused Take Five steps to wellbeing Plan. This could be a short-term (1 year) or longer term plan
- Recruit for Pupil Champions/ Parent Ambassadors
- Policy review/ development

Teacher, Carrickfergus



Pupil Champion

What is a Take Five steps to wellbeing Pupil Champion?

Young people who are passionate about promoting the Take 5 steps to wellbeing message and are supported to do this by the school.

Young People in primary and post primary said they could spread the message by:

- Being a role model
- Assembly Talks
- Putting on a Take 5 steps to wellbeing show for younger pupils
- Looking out for others
- Designing Posters/ Leaflets
- Using Instagram and Social Media

Parent Ambassador

What is a Take 5 steps to wellbeing Parent Ambassador?

Enthusiastic parents who embrace the Take 5 steps to wellbeing message to empower others both in school and in the community to promote inclusion, involvement and health and wellbeing.

Parent Ambassadors said the best things about getting involved in Take 5 were:

- Connecting with other parents and building relationships in the school.
- Influencing change through learning opportunities.
- Starting up walking groups, treasure hunts and increased opportunities to get outside.
- Understanding mindfulness and the importance of being in the moment.
- Giving their time to support the implementation of the message and encouraging others.



"We think that the Take 5 message is very inspiring and eye opening; it makes us want to take better care of ourselves and others"

Pupils from St Patrick's & St. Brigid's PS school in Ballycastle and Ballycastle Integrated PS





Becoming a Take 5 steps to wellbeing school

Schools play a vital role in the Health and Wellbeing of young people. By registering to become a Take 5 steps to wellbeing school, you show your commitment to promoting positive mental health not only for the pupils in your school, but also the staff and wider school community.

To become a recognised Take 5 steps to wellbeing school, please provide a list of activities or action plan including the number of teachers/pupils involved as well as supporting evidence e.g. photographs, evaluations/reports, newsletters etc. This

should be no more than two A4 sides and can be emailed to any of the contact addresses below.

Once validated, you will receive a Take 5 steps to wellbeing certificate, a limited number of pupil champion badges and access to the 'Take 5 steps to wellbeing registered school' logo. Your documentation should be received by the last working day in May for accreditation in the next academic year.



For more information or to request a Take 5 briefing for your school please contact:

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This booklet has been produced on behalf of the Northern Area Take 5 working group with permission of the Belfast Health Development Unit. Copies of the Take5 logos as well as brand guidelines are available in the toolkit <https://www.makinglifebettertogether.com/wellbeing-resilience/>

