

# Case Study: Bridge Schools Trust



## *Supporting Health & Wellbeing*

### **Michael Froom – Chair of the Governing Body, Greatworth Primary School**

Wellbeing and safeguarding is paramount in terms of what we're doing. A very important responsibility of the governing body and, again, a legal requirement.

### **Lesley Lutas-Brown – Headteacher, Greatworth Primary School**

We really had noticed a decline with modern living in children's mental health before the pandemic. But on returning from it, we really noticed that children's mental health had declined. Anxiety played a huge part in their returning to school even coming through the doors and we found that using the arts particularly first thing in the morning, to really reduce those stress hormones and create an atmosphere where it was a really healthy environment for their brains to learn.

### **Triestina Bozzo – Assistant Headteacher, Ryburn Valley High School**

We've got students with special educational needs we've got students that suffer with anxiety that you wouldn't imagine would participate and get on stage and perform in front of 250 people. However, they have just revelled in it, they've got so much confidence as a result of performing in front of an audience.

## **Students – Ryburn Valley High School**

I struggle with anxiety and OCD and it makes me like wash my hands a lot, get really anxious about things. So, when I'm performing I don't have to worry about that anymore. I can just focus on being happy and making people smile and laugh.

## **Yvette Hughes – Head of Art, Ryburn Valley High School**

I think once their confidence grows then they might forget any of their anxieties that they may have had, it's about giving them opportunities, it's about giving them things to look forward to or prepare for, opening their eyes to perhaps future experiences.

## **Natalie Evans – Performing Arts Teacher, Greatworth Primary School**

I'm teaching a student now at Northampton College and she is an incredible performer and it's helped her through so many different issues that she's had because she suffers with lots of anxiety and things, and performance helps her so much.

## **Michael Froom**

There's an awful lot to learn in terms of rebuilding children's resilience, their interpersonal skills. The arts, drama, dance all of those things help create those links again and also help them with teamwork, building friendships and just really learning how to interact again.