

United Against Bullying School Case Study: External agency used to improve peer support

How Bradley Green Primary Academy used an external agency to improve peer support

Context of our anti-bullying work

When pupils were surveyed, they spoke about not necessarily wanting to speak to a grown up about their issues – some that could lead to bullying or things that left them feeling worried or sad. We have trained our school council as mental health first aiders, but they have lots of things on through our action plan for personal development and we felt we needed to commit more time and training to a specific role for the children to take on to meet the need from the survey.

What we hoped to achieve

- Children will feel they have peers they can speak to, and they will act as a go between for the children and members of staff who can support
- More pupils will feel happier at break and lunchtimes
- Opportunities for pupils to talk about their wellbeing
- Learning mentor to hold weekly wellbeing shine sessions with champions but also with children either 1:1 or in small groups to children who need support with their worries

The action we took

- We contact Amy at The Worry Wizard
<https://www.theworrywizard.com/togethernotalone>
- We introduced the worry wizard and wellbeing in a whole school assembly and in a letter to the parents
- Pupils were nominated to be their class's wellbeing shine champion and undertook training alongside our learning mentor with Amy from the worry wizard.
- They talked about the qualities they have that will help them to support their peers with their wellbeing and played worry wizard wellbeing matching pairs.

Impact and outcomes of the work

We will be asking the wellbeing shine champions to nominate children (and staff) that have supported each other's wellbeing, and they will be able to award them a certificate and sticker in our weekly star awards. We hope that by sharing the different ways they see others

supporting well-being that others will start to do those things too, even if something as small as smiling at each other or offering to play a game with someone new.

We have been very impressed with how well the children are able to articulate other's feelings and how they have embraced supporting each other.



The Worry Wizard @TheWorryWizard · Jun 23

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It was lovely to meet you - amazing Wellbeing Shine Champions at @BradleyGreenPA. You were filled with such brilliant Curiosity about how to support your Wellbeing ✨. I'm so excited we're going to work together to help your school's Wellbeing shine! Amy 💙 @TamesideCouncil @TGCCG

What we have learned

One of the unintended impacts has been on the pupils chosen to be wellbeing shine champions rather than the pupils in school with worries. They had been chosen by their teachers and some were chosen as it would help to boost their confidence. Children who previously would not have spoken to others are now playing games with children in the playground and speaking more confidently in their classes. We expect them to be able to identify children who need support on the playground, and we plan on using a new bench as the 'friendship' bench where if a child is worried or nervous etc they would sit on it and the well-being shine champions would be able to go and sit with them and speak to them and encourage them to take part in games.