

MENTAL HEALTH WELLBEING REPORT

FALL SEMESTER 2023

Compiled by Woodstock's
Personal Counselling Department



OVERVIEW

We continue to provide a secure and confidential space for students to engage with compassionate professionals. This dedicated environment allows students to address their challenges, acquire coping techniques, and gain insights into self-discovery and interpersonal relationships. This report highlights the recent wellbeing activities of our Counselling team, emphasising their significant impact on student wellness. The emotional wellbeing of students is a priority, and our Counselling Department recognizes the importance of fostering a supportive atmosphere. To address various challenges that students face, we've implemented a range of initiatives aimed at enhancing mental health awareness and support.



YOUTH MENTAL HEALTH TRAINING – RESIDENTIAL STAFF RETREAT

We believe that mental health is a collective responsibility of all school stakeholders, and therefore it's important to train everyone working closely with our students. To do this we organised an intensive three-day Youth Mental Health First Aid training for the entire Residence Life team. It was a very immersive training as it included knowledge sharing sessions, group activities, case study discussions, and focussed group discussions around mental health topics pertaining to student life at Woodstock. Landour Community Hospital psychiatrist Dr Raja presented on the importance of mental health at school level and handling difficult situations. It was received very well by the staff because most of the content covered real time situations and protocols to follow. One session was completely dedicated to restorative justice, led by our Department and by the Dean of Student Life.



WELLBEING AMBASSADORS PROGRAMME

One notable initiative by the Counselling team involved the training of Wellbeing Ambassadors who as peers to other students play a crucial role in supporting them with mental wellbeing. By fostering a sense of community and understanding within the student body, the Ambassadors contribute to a positive and inclusive environment. This programme identifies – after a thorough vetting process – and trains students in Grades 11 and 12 who are then able to do active peer listening with other students on campus. Each Ambassador aims to improve student wellbeing at Woodstock and gives other students an active listening ear for their feelings closer to home.

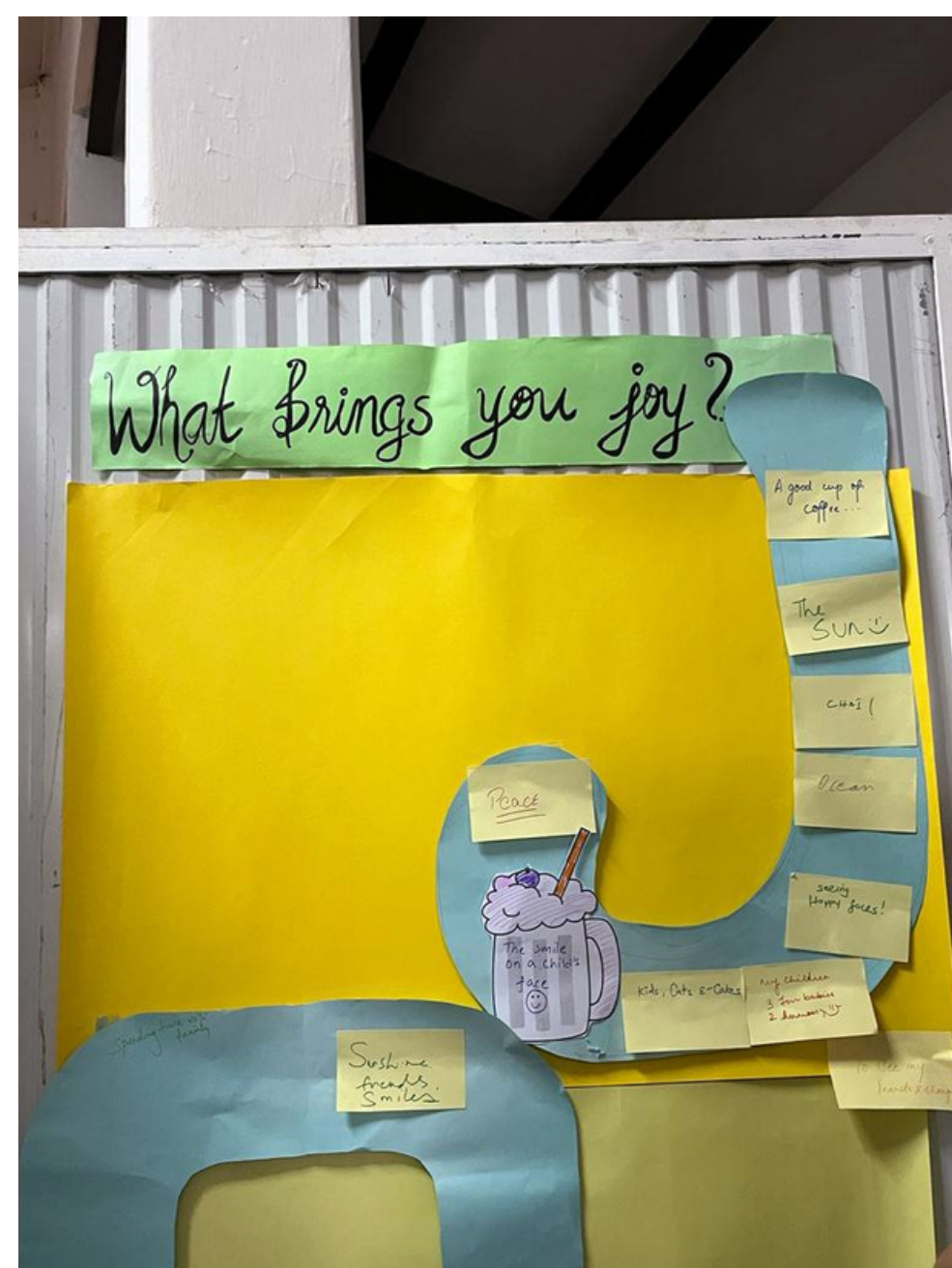


ACTIVITIES OF WELLBEING AMBASSADORS AT THE DORM LEVEL



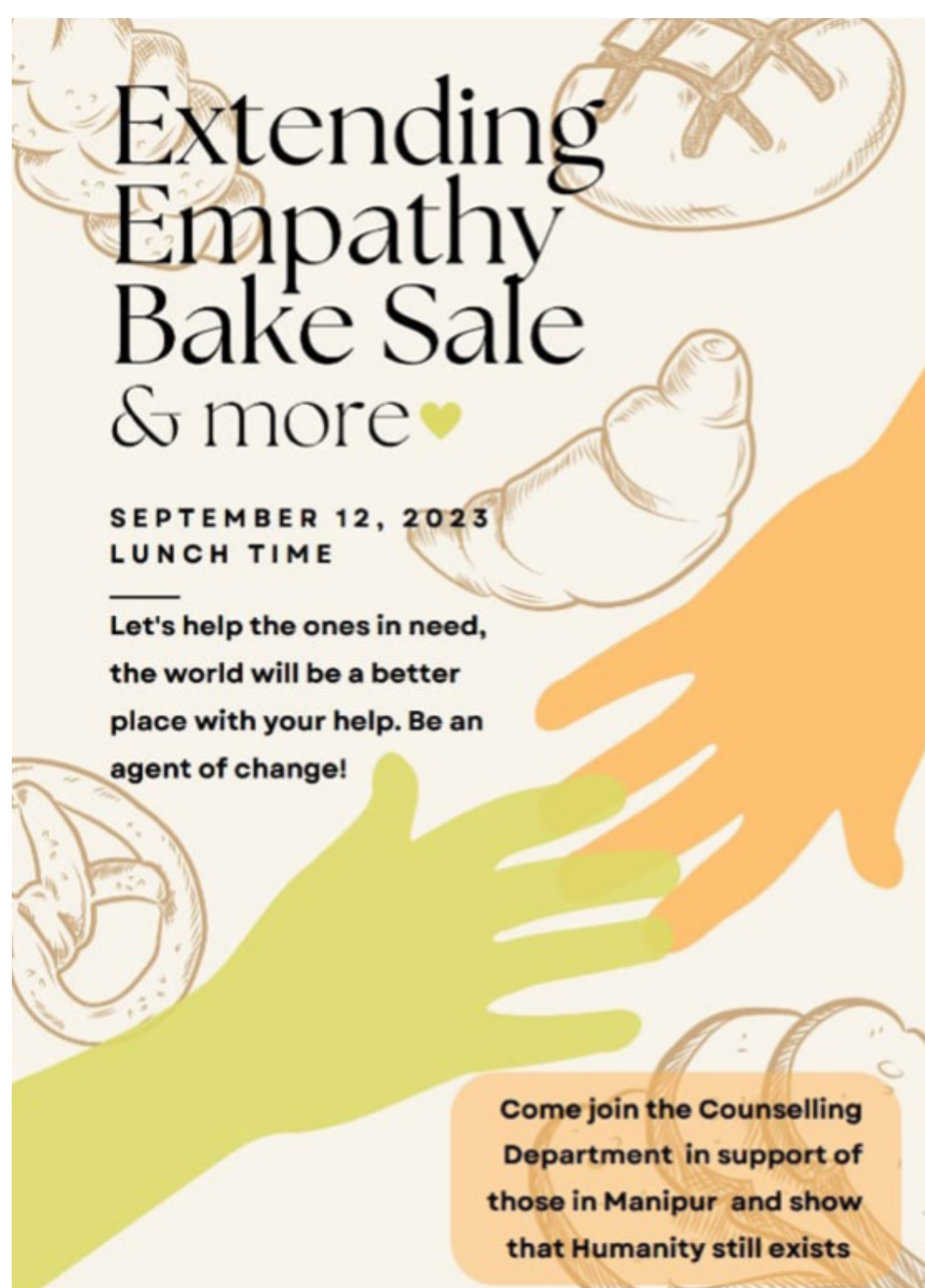
STAFF RETREAT – SIP FROM THE WELL OF KINDNESS

This heartfelt initiative unfolded during teacher orientation at the commencement of the semester, with a primary focus on fostering kindness within the community. The central aim was to encourage acts of kindness among faculty members, recognizing the profound impact such gestures can have on the overall wellbeing of our educational community.



EXTENDING EMPATHY BAKE SALE

In response to the challenging circumstances faced by the people of Manipur due to the ongoing conflict in their region, our Counselling team took a compassionate step forward by organising a thoughtful initiative – the Extending Empathy Bake Sale. The situation in Manipur has resulted in significant hardships, with many residents lacking access to necessities. The primary goal of our bake sale was to extend empathy and practical support to those affected. This empathetic initiative was an immense success, bringing our community together in a powerful display of solidarity. The collaborative effort not only raised much-needed funds but also served as a symbol of our collective commitment to stand by those in need. Through the act of organising and participating in the Bake Sale, our team effectively demonstrated that care and support can transcend geographical boundaries, emphasising the importance of empathy in building a compassionate global community.



MENTAL HEALTH RUN

Our Department and the Physical Education Department jointly organised a successful mental health run – *Break the Stigma: Run/Walk* – for the entire school. Despite the cold weather, nearly 200 people gathered in support to run/walk to break the stigma.



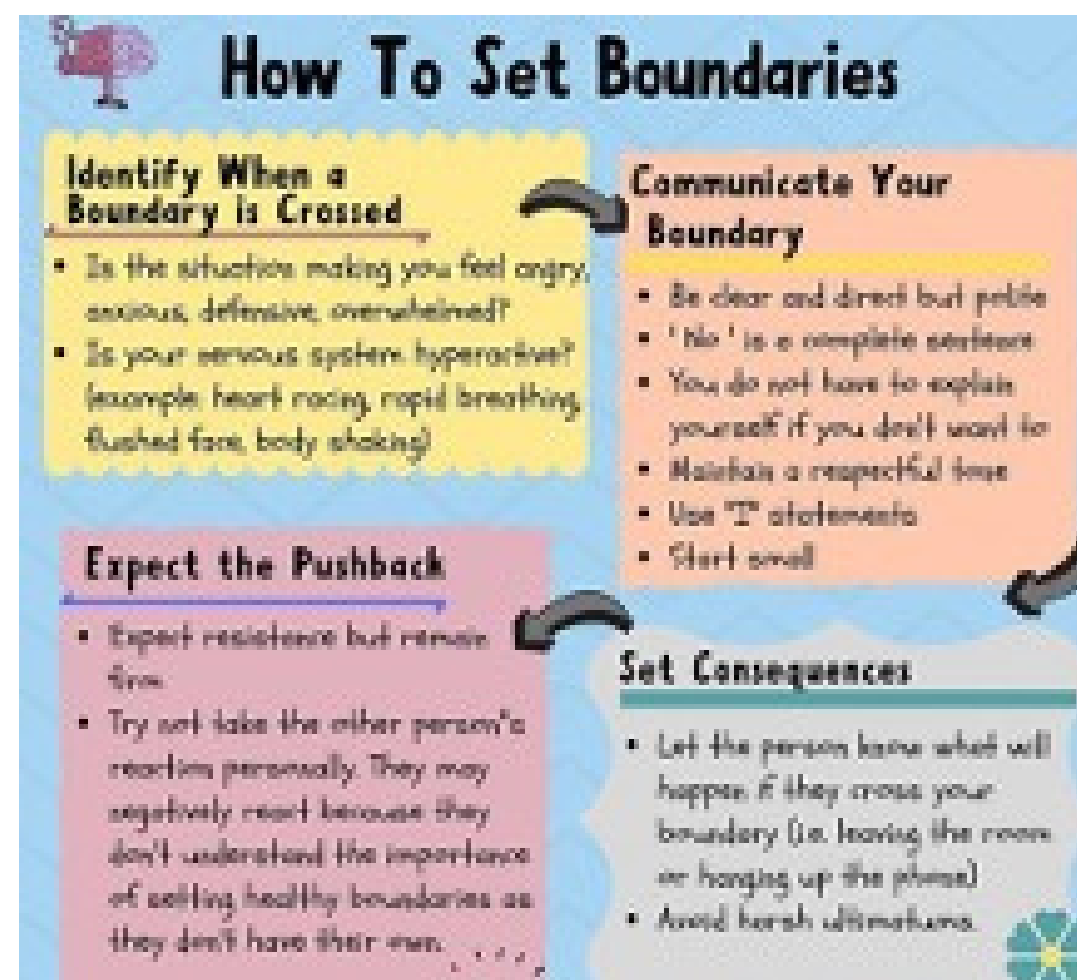
EY GROWTH & DEVELOPMENT PROGRAMME (SAFE & UNSAFE TOUCH)

The Personal Counselling Department conducts an annual growth and development programme in which Early Years (EY) students learn about safe & unsafe touch. This extends to an understanding of their physical, mental, and emotional growth along with setting boundaries. The sessions are simple and interactive so that these young students find it easy to connect with the topic and in turn participate enthusiastically. The students enjoyed active participation from EY teachers, which made this event even more fun. Fun activities, including singing and dancing, made it easier for them to grasp the concepts presented.



HOME ROOM VISITS FOR MIDDLE YEARS

During the semester we made sure to visit Middle Years homerooms on a rotational basis to address students. Topics presented ranged from managing stress to creating healthy boundaries and respecting each other's space. It was also a reminder to students to remember their rights and responsibilities and to report to relevant authorities whenever needed.



MINDFUL STROLL

Our Department organised short, mindful strolls for Woodstock staff on periodic Wednesdays. These quick nature walks aimed to foster appreciation and gratitude amidst very busy schedules. During these walks, staff members focused on their breathing, footsteps, and surroundings, helping them to stay present and ease any worries about past and future. The 30-minute initiative after lunch served as a simple intervention to enhance mental and emotional wellbeing.



PRESENTATION ON DRUG ABUSE

As part of our commitment to the wider community, the Counselling Department conducted an elaborate talk on prevalent teen drug abuse across the country. The purpose was to imbibe positive coping mechanisms in the students of the participating schools and make them aware of the ill effects of illegal drug use. This programme was organised by Mussoorie's Rotary Youth Leadership Awards Udaan program and hosted by Rotary Mussoorie. Eighty-seven students from six Hindi medium schools in Mussoorie attended. The programme was very well received by the organisers and participating students.



COUNSELLOR CONNECT – OUR MONTHLY NEWSLETTER

