

# WELLBEING IN SCHOOLS



*Practical ways schools can incorporate wellbeing into everyday school life*



## WELLBEING - THE BIGGEST CHALLENGE FOR A GENERATION

**We hear a lot these days about school wellbeing, which has also been referred to as the biggest challenge for a generation.**

Just recently, up to 370 schools in England took part in a series of trials that tested different approaches to supporting young people's mental health and wellbeing.

Children took part in activities, ranging from mindfulness exercises and relaxation techniques to breathing exercises to help them regulate their emotions, alongside pupil sessions with mental health experts. The study will run until 2021 and aims to provide schools with fresh, new insight into what works best for student's mental health and wellbeing.

But of course, taking a whole-school approach to mental health, and especially wellbeing, extends way beyond the classroom. It applies to many other elements of school life too, from free periods and break-times to PE, drama and dance.

Enhancing students' wellbeing invariably involves enhancing the school environment, using methods that are becoming increasingly creative by the day. Over the next few pages, we've shared just some of the ways outdoor canopies can be used to enhance students' wellbeing throughout the school day.

We hope you find them useful and that they provide you with plenty of valuable food for thought...



**Jason Eastwood**  
Managing Director, Canopies UK





## 5 STEPS FOR DEVELOPING WELLBEING IN YOUR SCHOOL

1. Address the barriers and identify positive outcomes.
2. Develop a shared language and understanding.
3. Map good practice and build on what you are doing well.
4. Make wellbeing visible.
5. Develop a whole school approach over time.

(Advice provided by Worth-it Positive Education).

Aside from creating much-needed space and shelter from the elements, outdoor canopies are increasingly being used to create multipurpose areas where students can:

**TAKE TIME OUT, RELAX AND SOCIALISE  
WITH THEIR FRIENDS**





The background image shows a school courtyard with a brick building featuring large windows. Two blue-framed white canopies are positioned on either side of the courtyard. In the foreground, there is a green lawn and a dark grey paved path. Overlaid on this scene are four stylized human figures in various dynamic poses. One figure in the center is bright green, while the other three are white. All figures have their arms and legs spread out, suggesting movement or exercise.

**RELEASE SOME ENDORPHINS DURING PE LESSONS**



**BE STILL, TRANQUIL AND GRAB SOME  
'ME TIME' IN BETWEEN LESSONS**







**GET SOME FRESH AIR INTO THEIR LUNGS  
(AT THE SAME TIME AS LEARNING!)**





**SIT DOWN AND ENJOY THEIR LUNCH  
SOMEWHERE WARM AND DRY**





**So, hopefully by now you'll see the role canopies can play in helping schools embrace wellbeing into their culture.**

Of course, there are all sorts of other benefits associated with installing a canopy, such as providing shelter from the sun's harmful UV rays and creating a focal point that helps make the right impression.

These ideas are just a taster of what can be achieved. If you'd like a little more inspiration or a free site visit in which you'll receive advice and guidance based on your school environment and grounds, contact us on [01254 777 002](tel:01254777002) or [info@canopiesuk.co.uk](mailto:info@canopiesuk.co.uk).

## Six statistics about mental illness and wellbeing

1. 10% of school children have a diagnosable mental illness. *(Source: YoungMinds Professionals)*
2. We spend more time online than we do asleep. *(Source: Ofcom)*
3. 1 in 4 people will experience mental health issues at some point in their life. *(Source: Mind)*
4. More than half of young people link mental illness with alienation and isolation. *(Source: MQ)*
5. 1 in 6 people report experiencing a common mental health problem, such as anxiety and depression, in any given week. *(Source: Mind)*
6. There are currently more than 100,000 health and wellbeing apps available on smartphones and tablets. *(Source: Verywell Health)*

## ABOUT CANOPIES UK

Canopies UK is the country's leading designer, manufacturer and installer of high quality canopies. Established for more than 25 years, the company employs over 50 staff at its Lancashire headquarters, which incorporates offices, production space and warehousing.

Serving a multitude of sectors, including hospitality, education, healthcare and construction, Canopies UK delivers excellence through site-specific calculations and unrivalled product quality.