

Wellsway School Row-a-thon

Last year, our school created a Mental Health Awareness group consisting of older students in Year 11. They came up with an idea to do a 'row-a-thon' to raise awareness for the subject of mental health and the problems and stereotypes around this. The main concept was to 'row for mental health awareness' and this was also the topic for many other projects surrounding the main event of the Row-a-thon. Previously, we, as a school, had not covered



Thursday 26th May outside Student Support
Row-a-thon Competition

Members of staff and students will be competing for their houses on rowing machines to pledge their support for 'Positive Mental Health'

mental health as much as we thought we needed to so they decided that it was important to promote the subject.

Before the event the Mental Health Awareness team had produced leaflets with helpful facts, advice and what to do if you had a problem with contacts and people to get help from. These were put around the school and in the toilets so



everyone would mainly for and giving also on the day leaflets with support and quotes and make you think for mental

What can you do?

- Join the Mental Health Awareness Team if you wish to take a leading role
- Listen to friends who are dealing with Mental Health issues and try to support them



One in four people has a mental illness. You can be the one that helps.

- Come along and support the Row-a-thon
- Write a positive message in the 'Happiness Book' for others to read and enjoy



read them. This was supporting people advice to people. We had Time To Change more guidance, advice as well as images designed to and raise awareness health.

We joined the group once the event was finalised and a date was set. We helped on the day to set it up, help to run the event and to raise awareness for mental health. The Row-a-thon was first shown to the rest of the school by a PowerPoint sent to each tutor group with the instructions to nominate two people in each tutor to participate in the event on Thursday the 26th May. The Row-a-thon took the form of a competition between houses to further involve



everyone in the project and staff and students competed against each other. The event started before school to enable staff to row and view a colourful display that had been produced within school. The display consisted of quotes and interviews with famous people talking about mental health to show how large the problem was and the fact that anyone can be affected. It also had



information, pictures and more quotes.

Members of our school also went to an event for the BANES Young Parliament with their main topic also being Positive Mental Health Awareness. This was beneficial to what we did in the row-a-thon as it equipped us with the knowledge to provide information to others when relaying it back to the school.



The last project that we did that was taking place during the row-a-thon was the start of the 'Happiness Book'. This was set up by the Mental Health Awareness team so older students but we hope to continue this. The idea of it is for students and teachers to write ideas of what makes them happy. The group were and we are continuing to compile the quotes and display them in a book designed

to make people happy and to give ideas as to what you can do to make you and others happy. This will help to keep a positive mind-set and therefore have Positive Mental Health.

At the end of the Row-a-thon competition the results were published on the school newsletter that goes out to both students and parents. This meant that parents and students alike to know the effort that was made to promote positive mental health.

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