

# Mental Health & Wellbeing Ambassadors



At Batchwood we are training our **Mental Health & Wellbeing Ambassadors** to promote positivity around the school

## The role of the Wellbeing Ambassador:



To be kind, caring, and helpful



To be a good listener



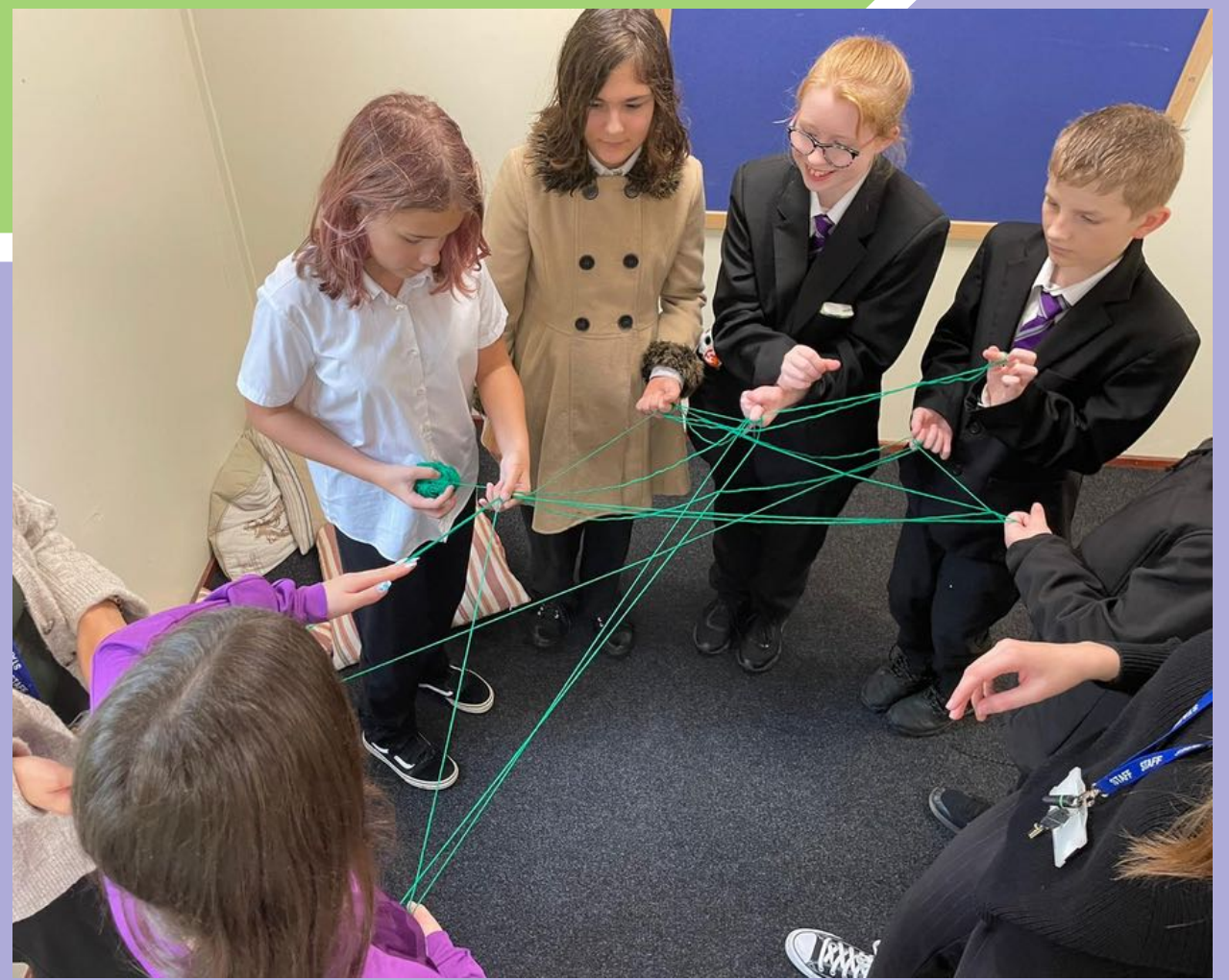
Coming up with ideas to support the wellbeing of students



Telling staff if you're worried about someone



To promote and put into place the '5 Ways of Wellbeing'



# -STAY- POSITIVE





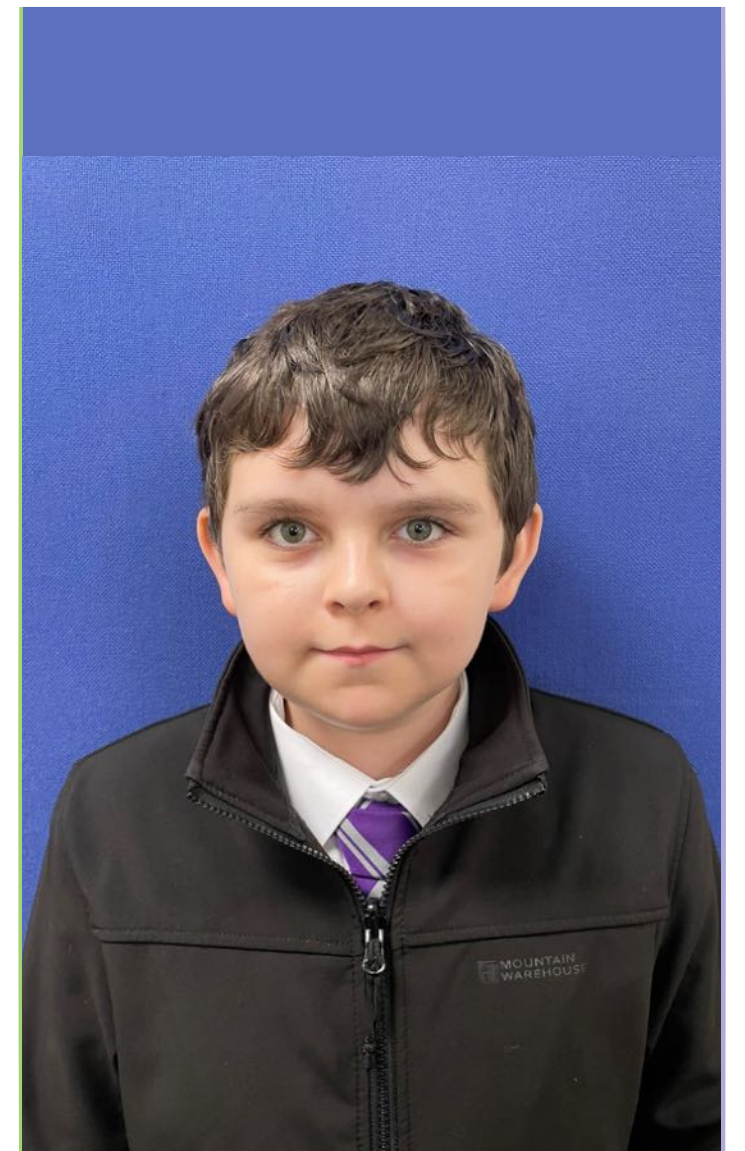
# Why do you want to be a Mental Health & Wellbeing Ambassador?



"To help people in need feel good about themselves"



"Because I want to make people feel welcome"



"I want people to feel safe in the school and that they have someone to speak to"

## The Mental Health & Wellbeing Team:

Fred  
Gracie P  
Max  
Sophie S

Mercy  
Joshua C  
Caomei  
Charlie E

