

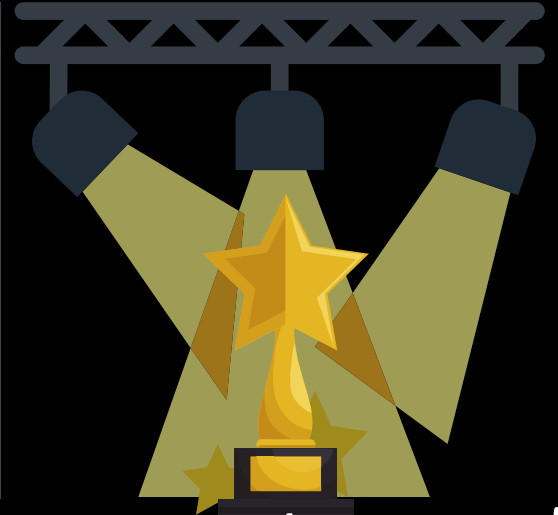
INTRODUCING...

The Gateshead Schools Health & Wellbeing Service's

WELLBEING WINNERS!

Does your school have a 'Wellbeing Winner' you're proud of and think the rest of Gateshead should know?!

Open to Pupils, Parents/Carers & Teaching Staff, you have the opportunity to nominate a 'Wellbeing Winner' from your school each month. The Wellbeing Winners of the month, selected by Gateshead Schools Health & Wellbeing Team from your nominations, will be put under the spotlight to get the recognition they deserve from our Gateshead Health & Wellbeing Community!



Share your success stories with us today!



Wellbeing Winner's can be nominated in relation to one of the following areas of Health and Wellbeing:

1. PHYSICAL ACTIVITY
2. HEALTHY EATING
3. PSHE
4. EMOTIONAL HEALTH & WELLBEING
5. OTHER / GENERAL H & W

EACH MONTH WE WILL SELECT 1 PUPIL / PARENT / CARER / MEMBER OF THE COMMUNITY / MEMBER OF STAFF FROM YOUR NOMINATIONS AS OUR WELLBEING WINNER FOR THAT MONTH!

THE WINNER WILL RECEIVE A CERTIFICATE, WILL BE FEATURED IN OUR MONTHLY NEWSLETTER AND RECEIVE A SHOUTOUT ON OUR GATESHEAD SCHOOLS HEALTH & WELLBEING WEBSITE & TWITTER!

AT THE END OF THE ACADEMIC YEAR, ALL OF THE CHOSEN MONTHLY WELLBEING WINNERS WILL BE PUT INTO A DRAW TO WIN A VERY SPECIAL PRIZE!

WELLBEING WINNERS!

Guidance

How Does It Work?



1

COMPLETE THE WELLBEING WINNERS NOMINATION FORM FOR THE PERSON THAT YOU WOULD LIKE TO NOMINATE.



2

SUBMIT YOUR NOMINATION FORM TO US AT:

cwlschoolshealthandwellbeing@gateshead.gov.uk
BEFORE THE LAST DAY OF THE MONTH FOR YOUR WELLBEING WINNER TO BE IN THE SHORTLIST FOR THAT MONTH.

3

IF YOUR NOMINEE IS SELECTED BY THE GATESHEAD HEALTH & WELLBEING SERVICE TEAM AS THE WELLBEING WINNER FOR THAT MONTH THEY WILL BE ASKED TO COMPLETE A CONSENT FORM BEFORE ANY INDIVIDUAL DETAILS ARE SHARED / PUBLISHED.



4

ONCE WE HAVE RECEIVED THEIR COMPLETED CONSENT FORM YOUR WELLBEING WINNER WILL BE PUT INTO THE SPOTLIGHT IN OUR MONTHLY NEWSLETTER AND WE'LL SHARE THEIR SUCCESS ON OUR GATESHEAD SCHOOLS HEALTH & WELLBEING WEBSITE & TWITTER ACCOUNT. THEY'LL ALSO RECEIVE A WELLBEING WINNER CERTIFICATE & PRIZE!

5

IF YOUR NOMINEE IS NOT SELECTED AS THE WELLBEING WINNER FOR THAT MONTH, DON'T LET THAT STOP YOU CELEBRATING WITHIN YOUR SCHOOL! WE'VE CREATED A RANGE OF RESOURCES TO HELP YOU CREATE YOUR VERY OWN WELLBEING WINNER SCHOOL NOTICEBOARD AND GIVE YOUR SUPERSTAR THE RECOGNITION THEY DESERVE! YOU CAN FIND THE WELLBEING WINNERS ['IN SCHOOL RESOURCE PACK' HERE.](#)



WELLBEING WINNERS!

Guidance



To help you get started in nominating your 'Wellbeing Winners' we have given you some examples below of the types of stories we would love to see you share with us and the rest of the Gateshead Schools Health & Wellbeing Community.

ACTS OF KINDNESS

**COMPLETED A PHYSICAL
ACTIVITY CHALLENGE**

**TRIED A NEW RECIPE /
HOME COOKED-MEAL**

**PERSONAL / SCHOOL
SUCCESS STORIES**

**NEW FRIENDSHIPS / LINKS TO
THE COMMUNITY**

**NEW INITIATIVES SET UP
IN SCHOOL**

SUMMARY

- You must submit your nomination form to us by the last day of the month. Don't worry if you miss the cut off point though as your nomination can be included in the shortlist for the following month.
- February's Wellbeing Winners will be announced in March, March's Wellbeing Winners will be announced in April and so on.
- There will be up to 3 Wellbeing Winners selected each month* - 1 pupil, 1 parent/carer/member of the community & 1 staff member.
- At the end of the school year all 'Wellbeing Winners' will be put into a prize draw to win a prize!
- Engaging with 'Wellbeing Winners' can also support your school in achieving one of our awards.