

CLASS CHARTS WELLBEING MODULE



Due to the current measures that are in place across the country, Class Charts have enabled all users to access the Wellbeing Module. This module allows pupils to rate their Wellbeing on the Class Charts App or website.

As a school, we want to know how you are feeling; when you are feeling great and when you may need a little extra help from us.

*To launch the Wellbeing Module, we would like all pupils to rate their Wellbeing on a **Monday by 2pm**. At 2pm each Monday, members of the Wellbeing Team will access all entries for that day. This will allow us to see how you are feeling and put in some support if we need to.*

If you submit your entry after 2pm on a Monday, it may not be seen until the following week, so please try to do it on time.

In this document we have included some important information:

- 1. A 'How to' Guide for submitting your Wellbeing Rating.*
- 2. A table that will help you to understand what is meant by each face and our advice following your selection. This also includes steps that we will take if we are concerned by how you are feeling.*

If you have any questions regarding the Class Charts Wellbeing Module, or to obtain your log-in details, please contact Mr Griffiths, Mrs Enos or Mr Ivins via email.

Mr N. Griffiths:

griffithsn@pontyhigh.co.uk

Mrs R. Enos:

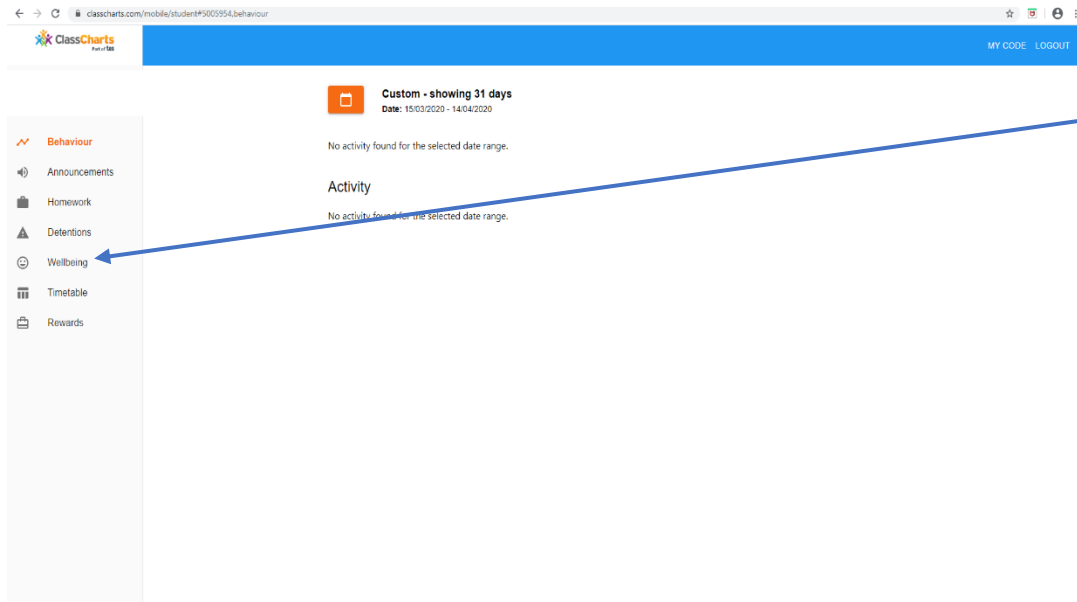
enosr@pontyhigh.co.uk

Mr R. Ivins:

lvinsr@pontyhigh.co.uk

OUR HOW TO RATE MY WELLBEING ON CLASS CHARTS GUIDE

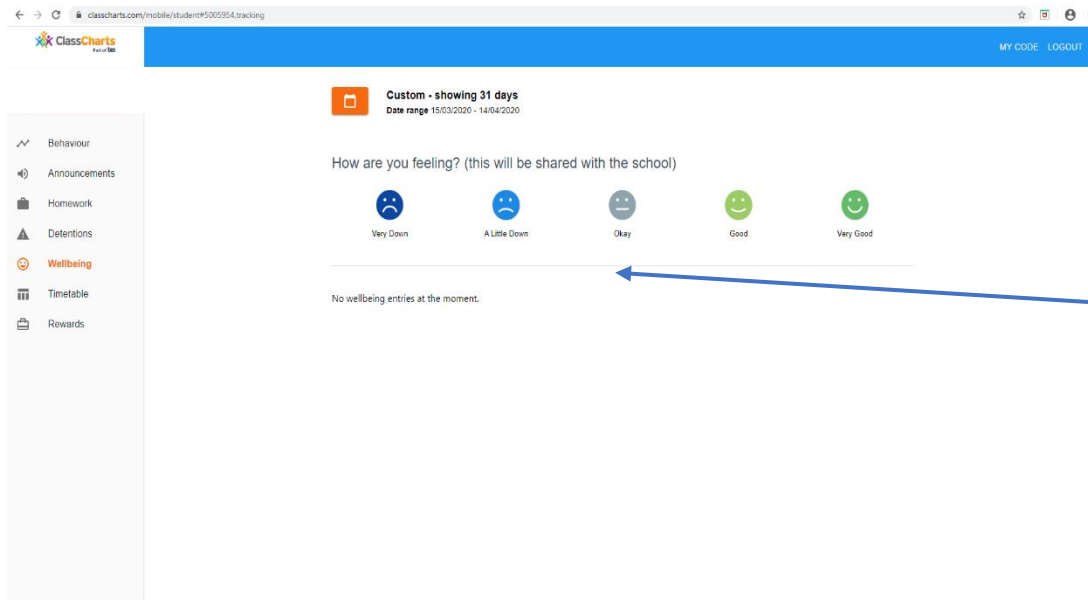
Step One:



Once logged in, your screen will look like this.

Select the **WELLBEING** option from the left-hand side.

Step Two:



Select the face which **best represents** the way you are **feeling**.

Please refer to the **My Feelings** guide for help with this.

HOW ARE YOU FEELING TODAY?

My feelings

Going Forward

	<ul style="list-style-type: none"> - I feel happy almost all of the time - I am getting regular exercise - I am keeping busy throughout the day - I am able to complete my work confidently - I have someone in the house I can talk to 	<p>Excellent to hear 😊</p> <p>Keep doing what you are doing!</p>
	<ul style="list-style-type: none"> - I feel happy most of the time - I usually exercise - I am trying to keep busy most days - I am able to complete my work - I have family and friends that I can talk to 	<p>Great to hear 😊</p> <p>Keep doing what you are doing!</p>
	<ul style="list-style-type: none"> - Sometimes I feel happy, other times I feel down - I often exercise - I often do things to keep me busy - I am completing most of my work - I have family and friends that I can talk to 	<p>Focus on what you do on the days you feel positive.</p> <p>Watch Miss Pritchard's second virtual assembly and try out one of the wellbeing ideas.</p>
	<ul style="list-style-type: none"> - I feel lonely, down or low - I sometimes exercise - I sometimes do things to keep me busy - I am completing some of my work - I have some family and friends that I could talk to, but don't want to/feel confident to 	<p>We are glad that you recognise that you aren't feeling great. A member of the Attendance & Wellbeing Team will be sending you an email to check in via your school email account – keep an eye out for this and please respond</p> <p>😊</p>
	<ul style="list-style-type: none"> - I feel very lonely, down or low - I am not getting any exercise - I feel as though I have nothing to do all day - I am not completing any work - I don't think that I have anybody to talk to 	<p>We are glad that you recognise that you aren't feeling good. We understand that this is a difficult time. A member of the Wellbeing Team will be in touch with your parents/carers to make sure that you are safe and to help put a plan in place to help you feel better.</p>