Leading Wellbeing

Build **skills**. Boost **wellbeing**.
Lead with **purpose**.

MENTAL HEALTH CHARITY
T.A.M.H.I

Take 5 steps to wellbeing

Be Active

Move more.
Boost energy.
Strengthen body and mind.



Connect

Build strong relationships.
Feel supported.
Belong.





Keep Learning

Stay curious.
Build skills.
Grow confidence.



Take Notice

Be present.
Notice the good.
Look after your mind.



Give

Give your time.
Share kindness.
Make a difference.
Stronger together.



Small steps. Big impact.
Better mental health. Brighter futures.

- Improved Wellbeing
- Stronger Relationships
- Better Focus
- Build Resilience
- Create Positive Change

CONTENTS

Take 5 Champions

Supporting student wellbeing. Saving staff time. Proving impact.

01	Take 5 Champions: Overview	p1
02	What does it entail	p2
03	Structure of Care Team	p3
04	Solution: Year 8 Wellbeing Calendar	p4
05	Year 13 Committee Structure & Roles	p5
06	Year 13 Mental Health Captain Model	p6
07	Value Proposition: Pastoral Care Committee Support	p7
08	Value Proposition: Captains	p8
09	Pastoral Care: Evidence	p9

SAVE TIME | STRENGTHEN PASTORAL CARE | PROVE IMPACT | STUDENT CENTRED | FUTURE READY

Take5
steps to wellbeing

Take5: CHAMPIONS

PEER LEADERSHIP FOR POSITIVE MENTAL HEALTH IN SCHOOLS



Take5 Champions empowers young leaders (16+) to promote **positive mental health, resilience and wellbeing** across their school community.

Working alongside the Pastoral Care Team, students form a dedicated **Wellbeing Committee** to shape and lead wellbeing initiatives throughout the academic year.

The Wellbeing Committee oversees a team of **Class Captains/Coaches** who deliver engaging projects to younger year groups and partner junior schools using the Take5 Steps to Wellbeing framework.

PROGRAMME COMMITMENT

1 Full Day Leadership Training
September/ October

Wellbeing Committee Established

Monthly Student-Led Wellbeing Activity
(1 per month)

Programme Delivery
September to March

End of Year Celebration & Impact Review

DEVELOPING LORIC SKILLS



BENEFITS FOR EVERYONE

FOR YOUNG LEADERS

- Builds confidence and leadership experience
- Improves mental health literacy
- Develops key LORIC skills
- Creates meaningful volunteering opportunities
- Makes a real impact in their school and wider community

FOR SCHOOLS

- Strengthens pastoral care provision
- Improves school culture and belonging
- Reduces stigma around mental health
- Creates sustainable peer-led wellbeing support
- Builds stronger links with feeder primary/junior schools

FOR YOUNGER PUPILS

- Access to relatable role models
- Positive mentoring relationships
- Engaging wellbeing activities
- Improved wellbeing awareness and resilience
- Early support and a safe space to thrive

LEADING TODAY. INSPIRING CHANGE TOMORROW.
Stronger Young People. Stronger Schools. Stronger Communities.

WHAT DOES THIS ENTAIL?

1 DAY TRAINING

A complete training day equipping young people to lead, plan and deliver impact in school.



FOR COACHES

WORKSHOPS / GAMES TRAINING

- Interactive workshops
- Engagement games
- Delivery skills
- Youth-focused approach

Build confidence to deliver impactful sessions.

FOR COMMITTEE MEMBERS

PLANNING & CAMPAIGN TRAINING AGREE MILESTONES

- Campaign planning
- Agree key milestones
- Calendar alignment
- Roles & responsibilities
- Evaluate & adapt

Plan ahead.
Agree milestones.
Deliver with purpose.

GROUPS ARE SUPPORTED

WITH TOOLS TO GO BACK INTO SCHOOL AND DELIVER A PROJECT

- Practical tools & templates
- Project guidance
- Resource pack
- Mentor support
- Impact tracking

Everything you need to lead a successful project.

DELIVER A PROJECT IN LINE WITH:

AN AGREED CALENDAR + **AGREED TIME ALLOCATION** + **POSSIBLE BUDGET*** + **IDEAS FROM YOUNG PEOPLE**

- Aligned to school priorities & events
- Dedicated time agreed in school
- Funding to bring ideas to life
- Projects shaped by student voice

THE IMPACT

- Build skills & confidence
- Strengthen school community
- Create real impact
- Sustainable & supported

EQUIP. PLAN. DELIVER.

Young people leading change in their schools.

Empowering young people. Supporting schools. Creating lasting impact.

*Budget subject to school approval and availability.

MENTAL HEALTH CHARITY
T.A.M.H.I

Care Team



The Care Team (Pastoral Care Staff) oversees and supports the Wellbeing Committee.



Supports communication, wellbeing initiatives and promotes a positive school culture.

Wellbeing Committee & Media

Student leaders who plan, coordinate and lead wellbeing projects and activities.

Manage communications and media to raise awareness and celebrate wellbeing across the school.

Class Coaches

8a | 8b | 8c | 8d

Class Coaches deliver projects and activities to their year groups, promoting wellbeing and peer support.

SOLUTION

Year 8 Wellbeing Programme – Monthly Themes & Delivery

MONTH	THEME	DELIVERY MODEL	EXAMPLES
SEPTEMBER	Belonging & Peer Support	Interactive Talk	
OCTOBER	Mental Health Awareness	Workshop	
NOVEMBER	Respect, Kindness & Peer Advocacy	Team Games	
DECEMBER	Gratitude & Giving Back	Charity Action	
JANUARY	Physical Activity & Motivation	Steps Challenge	
FEBRUARY	Children's Mental Health Week	Sport-Based Games	
MARCH	Study Skills & Cognitive Preparation	Group Talk	
APRIL	Stress & Emotional Regulation	Guided Session	

HELP CHARITIES

WALK & TALKS

CELEBRATE SUBJECTS

QUIZ'S

CLASS vs CLASS FOOTBALL/GAMES

LOCAL CLUBS AND SERVICES
Coming in and telling us about what they do

CREATING POSTERS

CREATE FIDGETS / FLASH CARDS

TRY DIFFERENT SPORTS

Ulster University

COMING SOON!

YEAR 13 COMMITTEE STRUCTURE & ROLES

Student leadership. Stronger wellbeing. Greater impact.

YEAR 13 COMMITTEE

Chair
Lead and chair meetings

Vice Chair
Support the chair and deputies

Sectertary
Minutes, documentation and communications

Media & Comms
Promote, engage and share updates

COMMITTEE ROLE

Plan Wellbeing Calander
Plan and coordinate wellbeing activities

Plan Events/campaigns
and link with external services

Support Class Captains
Support delivery and provide guidance

Monitor Impact
Evaluate and report on impact

School Social Media
Manage and grow school social media presence

TAMHI SUPPORT

Check In Online
Via Microsoft Teams

Visit When / If Needed
In-person support available if required

Mentor Support
Access to trained peer mentors and guidance

We're Here For You
Reach out anytime — you don't have to do it alone



LEADERSHIP
Grow skills and confidence

WELLBEING
Promote positive mental health

COMMUNITY
Stronger connections and support

IMPACT
Creating change that lasts

Leading today. Inspiring change tomorrow.

YEAR 13 MENTAL HEALTH CAPTAIN MODEL

Peer Leadership. Positive Impact. Stronger Together.

1 YEAR 13 MENTAL HEALTH CAPTAINS



2 per Year 13 class

Selected and trained as peer leaders and role models.

2 CAPTAIN ROLE



- Connect with peer mentors regularly
- Deliver wellbeing activities and campaigns
- Lead conversations and raise awareness
- Promote a safe, inclusive and supportive culture
- Signpost and support peers to help

3 PEER MENTOR DEVELOPMENT

IMPACT ON MENTORS



- Build confidence, resilience and empathy
- Improve mental health awareness and attitudes
- Strengthen peer support networks
- Create a culture where everyone feels seen, heard and supported

4 INCREASE LORIC SKILLS



Increase LORIC skills to empower peer mentors.

- Leadership
- Organisation
- Resilience
- Initiative
- Communication

MEASURABLE IMPACT (AVERAGE)

Dominican College
66% → 88%

Blessed Trinity
56% → 92%

Belfast Royal Academy / St Malachy's College
72% → 96%

Hazelwood Integrated College
66% → 92%

Edmund Rice College
72% → 92%

AVERAGE WELLBEING IMPACT

86%



TOGETHER WE...

Empower young people, champion mental health and build a stronger, healthier North Belfast.

Empowers peer mentors to lead, inspire and create positive change.

Strengthens peer connections and a supportive school culture.

Builds confidence and pathways to higher education and future opportunities.

Creates a lasting, positive impact in our schools and community.

Leading today. Inspiring tomorrow.

VALUE PROPOSITION

Pastoral Care Committee Support

SAVE TIME | STRENGTHEN PASTORAL CARE | PROVE IMPACT

1 TIME RECOVERY FOR PASTORAL STAFF

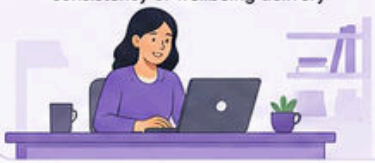
We create immediate time savings for pastoral leaders by taking ownership of the planning, coordination, and scheduling of key wellbeing initiatives across the academic year.

WE DO THIS BY:

- Developing and managing an annual pastoral calendar of events
- Coordinating awareness days/weeks (Mental Health Awareness Week, Anti-Bullying Week, Exam Wellbeing support etc.)
- Managing logistics for workshops, speakers, sports interventions, and student engagement activities
- Reducing administrative burden on teaching and pastoral staff

VALUE TO SCHOOL

- Frees pastoral leaders to focus on high-value student support
- Reduces staff burnout and workload pressure
- Improves organisation and consistency of wellbeing delivery



2 STRATEGIC CALENDAR PLANNING

Rather than reactive wellbeing activities that happen when someone remembers them two days before assembly, we build a structured annual roadmap.

THIS INCLUDES:

- Term-by-term wellbeing initiatives
- Key student intervention dates
- Parent engagement opportunities
- Staff wellbeing initiatives
- Links to safeguarding priorities
- Alignment with school development plans

VALUE TO SCHOOL

- Creates a proactive rather than reactive culture
- Ensures consistent delivery across the year
- Helps leadership see the bigger picture



3 TAKE 5 IMPACT REPORTING

We provide measurable reporting through Take 5 Impact Reports that demonstrate both participation and outcomes.

REPORTS INCLUDE:

- Student engagement numbers
- Wellbeing outcomes
- Feedback from pupils/staff/parents
- Attendance impact
- Behaviour impact
- Case studies
- Recommendations for future intervention

VALUE TO SCHOOL

- Clear evidence of impact
- Demonstrates ROI on wellbeing investment
- Helps secure future funding/resources



4 ETI & GOVERNOR READINESS

We help schools present clear evidence of impact to key bodies and ensure you're always inspection and governance ready.

WE HELP EVIDENCE:

- Student wellbeing provision
- Preventative interventions
- Participation rates
- Outcomes and impact
- Strategic planning

ETI | Governors | Trust Boards | Safeguarding Committees | SLT

VALUE TO SCHOOL

- Inspection-ready evidence
- Stronger governance reporting
- Greater accountability and transparency



5 IMPROVED STUDENT OUTCOMES



Ultimately, all of this supports what actually matters – healthier, happier students who are ready to learn and thrive.

THIS LEADS TO:

- Better mental health outcomes
- Increased resilience
- Improved attendance
- Reduced behavioural concerns
- Stronger student engagement
- Earlier intervention support

VALUE TO SCHOOL

Healthier pupils tend to learn better.

Shocking discovery, I know.



THE CORE PROMISE

"We save schools time, strengthen pastoral delivery, provide measurable impact evidence, and help leaders confidently demonstrate their commitment to student wellbeing."

SAVE TIME | STRENGTHEN PASTORAL CARE | PROVE IMPACT

BETTER SUPPORT FOR STAFF. STRONGER SYSTEMS. BETTER OUTCOMES FOR STUDENTS. | *Together, we make wellbeing everyone's business.*

VALUE PROPOSITION FOR SCHOOLS

Student Captains. Early Support. Big Impact.

TIME RECOVERY FOR SCHOOLS | Less escalation. More focus. Better outcomes.

CAPTAINS TRIAGE LOW LEVEL ISSUES

Resolve friendship bickering before escalation.

- Spot issues early
- Support peer mediation
- Encourage positive communication
- Escalate only when needed
- Build a culture of respect and kindness



Fewer behaviour issues.
Less pressure on pastoral staff.

PROMOTE INCLUSION OF SEN STUDENTS

Reducing settling anxiety and building belonging.

- Help new SEN students settle with confidence
- Encourage social inclusion
- Support friendship building
- Reduce feelings of isolation and anxiety



Stronger inclusion.
Happier, more confident students.

HELP FORM TEACHERS WITH MINI TALKS, WORKSHOPS & FUN ACTIVITIES

Engaging support that builds connection.

- Mini wellbeing talks
- Icebreakers & games
- Team-building activities
- Awareness campaigns
- Peer-led discussions
- Fun, meaningful engagement



Supports teachers.
Stronger form groups.

SAVES TIME for staff | **PREVENTS ISSUES** before they escalate | **BUILDS INCLUSION** and belonging | **IMPROVES OUTCOMES** for all students | **CREATES A POSITIVE SCHOOL CULTURE**

Student leaders making a real difference – so schools can focus on what matters most.

VALUE PROPOSITION

PASTORAL CARE COMMITTEE SUPPORT

Save Time. Strengthen Pastoral Care. Prove Impact.

We **save** schools time, **strengthen** pastoral delivery, provide measurable impact evidence, and help leaders confidently demonstrate their commitment to student wellbeing.

1. TIME RECOVERY FOR PASTORAL STAFF

- Annual pastoral calendar of events
- Coordinate awareness days & wellbeing initiatives
- Manage workshops, speakers, sports & activities
- Reduce administrative burden on staff

OUTCOME: More staff time for high-value student support.

2. PROVE IMPACT WITH TAKE 5 REPORTING

- Student engagement numbers
- Wellbeing outcomes
- Attendance & behaviour impact
- Feedback from pupils, staff & parents
- Case studies & recommendations

OUTCOME: Clear evidence of impact and ROI for investment.

3. BETTER STUDENT OUTCOMES

- Earlier intervention support
- Better mental health outcomes
- Improved attendance
- Reduced behavioural concerns
- Stronger engagement & resilience

OUTCOME: Happier, healthier pupils who are ready to learn and thrive.

BUILT ON EVIDENCE. DESIGNED FOR SCHOOLS.

Department of Education Northern Ireland

WORKLOAD REVIEW (2025)

Highlights workload pressures and the need for efficient systems that reduce admin and increase capacity.

Ulster University

PEER MENTORING PILOT RESULTS (2026)

Demonstrated improved wellbeing, belonging, confidence, early issue identification and transition support.

Queen's University Belfast

MENTAL HEALTH & SPORT: ADOLESCENTS PROGRAMME (2023)

Research with B.R.A., St Malachy's College & Blessed Trinity College shows sport improves mental wellbeing, resilience and engagement.

Department for Education

DIGITAL STANDARDS FOR SCHOOLS (DFE 2030 ROADMAP)

Encourages digital systems, automation and AI tracking to improve efficiency and reduce administrative burden.

SAVE TIME | STRENGTHEN PASTORAL CARE | PROVE IMPACT | STUDENT CENTRED | FUTURE READY