

PERMA Wellbeing Tool

Information Pack for Parents

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Product Overview

The PERMA Wellbeing Tool is a creative new product designed to help schools identify and respond effectively to the wellbeing needs of pupils.

Created by a team of registered Educational Psychologists and educators, the tool is made up of two main components: A wellbeing monitoring system and Teacher Resource/Strategy bank

Wellbeing Monitoring System

The wellbeing monitoring system consists of a short (18 item) online questionnaire which asks pupils to respond to questions about how they are feeling. Pupils' responses generate a unique 'wellbeing profile' identifying their particular areas of strength and difficulty in relation to the 5 areas of the PERMA model of wellbeing (**P**ositive emotions, **E**ngagement, **R**elationships, **M**eaning and **A**ccomplishment). This profile can only be seen by the pupil themselves, staff that teach them and their Headteacher.

At an individual level, the tool provides pupils with personal information about their wellbeing with the aim of enhancing their self-awareness and encouraging them to take action to promote their own happiness.

The tool also enables school staff to efficiently monitor the wellbeing of pupils in order to identify and implement different ways of supporting them. Pupils whose questionnaire responses raise concern (particularly low scores) will be flagged to staff who can then intervene and provide targeted support and intervention to improve their wellbeing.

Pupil data can also be analysed using different pupil characteristics (e.g. gender, year group, Free School Meal Status and Attendance). By doing so, schools are able to effectively target support at and measure the impact of wellbeing intervention at a group level.

Resource and Strategy Bank

The PERMA Profile Tool has an in-built bank of resources and strategies that can be used by school staff to promote pupil wellbeing. Resources and strategies are categorised by the five areas of PERMA (**P**ositive emotions, **E**ngagement, **R**elationships, **M**eaning and **A**ccomplishment) and consist of the following;

- Whole School interventions/approaches
- Classroom based strategies
- Instructional Videos
- Online resources
- App Reviews
- Book Reviews

Please note that this product is fully bilingual (English and Welsh languages).

Important Information

1. Promoting mental health NOT diagnosing mental illness

It is important to note the difference between 'mental health' and 'mental illness'.

Everyone has 'mental health' just like everyone has 'physical health'. Mental health refers to the nature of our emotions, our thoughts and feelings and the quality of our social connections. Just like our physical health, our mental health changes over time depending on our lifestyle choices (sleep, nutrition, relaxation and exercise) and personal circumstances.

In contrast, a mental illness is an illness that affects the way people think, feel, behave or interact with others. There are many different mental illnesses that have different symptoms (e.g. depression, anxiety and schizophrenia). Just as we experience physical illness (e.g. cancer, diabetes and asthma) we may also experience a mental illness as some stage in our life.

The PERMA Profile Tool **can only** be used to promote positive mental health NOT to diagnose mental illness. The tool serves to encourage staff and pupils to take actions to promote positive mental health and wellbeing NOT to address issues of mental illness.

2. Wellbeing is not just ONE thing

It is important to note that our mental health and wellbeing cannot be defined by One Score. Instead, it is made up of many different aspects of our lives (our emotions, our relationships, our engagement in activities, our sense of purpose and our accomplishments) that may be positive or negative depending on our life situation and circumstances.

As such, the PERMA wellbeing tool does not provide pupil with an Overall Wellbeing Score. Instead it looks to identify the wellbeing profile of an individual to see where strengths and difficulties may exist. This enables effective action to be taken in the appropriate areas of our lives to help build our happiness and wellbeing.

3. You can't compare people's Wellbeing

It is important to note that this tool is NOT to be used to compare pupils against one another. Instead, it will only be used to support and encourage pupils to become the happiest individuals that they can be and flourish to their fullest.

Pupils' responses to the PERMA wellbeing questionnaire will be different based on their personal interpretation of the questions and their subjective and personal experiences. As such, it is not meaningful to compare one pupil's wellbeing to another.

The tool will be used solely to observe changes in the wellbeing profile of an individual or group from one time to another.

4. An assessment for Intervention Only

The PERMA wellbeing tool is designed to provide feedback to teachers on how a pupil or group of pupils feels at a given point in time and to adjust their teaching and learning style accordingly to support them.

The tool cannot be used as a fixed assessment of a pupil's progress as wellbeing, by its very nature, fluctuates and changes all the time. Unlike our academic or cognitive abilities, our mental health and

wellbeing does not develop in a linear fashion (e.g. it does not accumulate or improve over time). Instead it is determined by our lifestyle choices and personal circumstance at any given time. As such the profile tool aims to support schools to identify how best to support pupils in the right aspects of their life at the right time.

How can you help your child?

We hope that you will be supportive of your child's school in using the PERMA profile tool. Please encourage your child to discuss their mental health and wellbeing with you and explore actions they may take to improve it.

In addition, you can support your child by downloading the MiSpace wellbeing app for free on the iTunes or Google play store. This fun and interactive application has been developed by registered educational psychologists and educators to encourage pupils to take action to promote their own wellbeing. The game storyline requires players to look after the health of five planets inhabited by a small alien character (each planet relates to a different area of wellbeing). To do so, the player must engage in various challenges, the success of which is verified by their teacher. The more challenges are completed, the more health points are earned and the brighter a planet will shine.

By encouraging and supporting your child to engage with the MiSpace App you will be directly supporting them to increase their mental health and wellbeing.

Please note: This tool adheres to all legal requirements for data protection (please see Privacy Notice for details).

If you wish to discuss any aspects of this product in more detail please contact your child's school in the first instance.