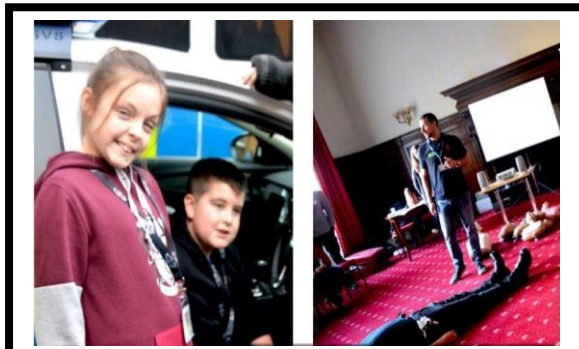




# Me Festival : 22<sup>nd</sup> November 2018 Himley Hall



21 Primary Schools attended  
170 students/34 teachers  
90 staff



**Lots of planned activities;**  
Vamos masked theatre  
Loudmouth - Bully 4 U  
Fast Aid Black Country  
Dudley CCG - What's Up Doc?  
Positive Steps team - Skills to Chill  
Cyberbullying  
Let's Get Active Tent hosting Park Activators  
and a Cheerleading session  
Dudley MBC - Forestry session

**Courtyard Vehicles including;**  
West Midlands Police, West  
Midlands Fire Service and Fire  
Dogs, West Midlands Ambulance  
Service

**VIP area hosting 15 Agencies;** Creative Health,  
Mary Stevens Hospice, KicFM, Dogs Trust,  
Healthwatch, Dudley Young Carers, Barnardos,  
Road Safety, School nursing, Healthy  
communities, Beautifully Human, The Food  
Teacher, E-bugs, Midlands Air Ambulance, Health  
Protection Team



#mefestival made 7,800  
impressions

100% of Staff who delivered sessions or supported the day and completed an evaluation form felt Me Festival 2018 was successful  
100% of teachers felt the event was successful and really enjoyed the day

100% of teachers felt students gained some new skills, confidence and information  
*"being asked for their opinions was great for their self esteem"*  
*"they loved all of the activities, they are buzzing!!!!"*  
*"All our pupils contributed in all the sessions - some who are relatively shy in school"*

## FIVE WAYS TO WELLBEING

Connect    Be Active    Take Notice    Keep Learning    Give

Throughout the day, there was a focus on the five ways to wellbeing and the schools were asked... **'what can you do differently to...'**

**Connect;** connect with Mary Stevens for an assembly, well being notice board, promote team work....

**Be Active;** lay more games outside, cheerleading teaching, make more use of play leaders at parks

**Take notice;** Pupil voice, use our worry boxes and take action when needed, energy world/forest school

**Keep learning;** CPR, come back next year! Do 'What's Up Doc', PSHE - bullying information

**Give;** Be kind to each other, pupil involvement in charity decisions made by school, charity fundraising

As a teacher, following Me Festival 2018, our teacher will...

- Share the activities with parents
- Follow up on educational services
- Hold a mini 'Me Festival' at school
- Feedback to the rest of the school and do a display
  - Share with the school
- Help us become ambassadors in school and use our skills we learnt today
  - Share with whole school in a newsletter all the exciting activities
    - Help us create an assembly...
    - Organise our own MeFestival
  - Talk to School council about things we want to do/change

#### Further comments;

"The dancing was great, we had fun and let our hair down. We enjoyed making things rather than listening for too long"

"They especially enjoyed received the goody bags with all the items they received."

"Loudmouth are very entertaining and deal with issues very hands on. Snack Attack were very encouraging with children when preparing the food"



Since Me Festival... we are already aware of one school delivering a mental health week and another a day of Mental Health and Wellbeing following Me Festival. They have invited some of the agencies in attendance at Me Festival 2018 including Dog's Trust, West Midlands Ambulance Service and Fast Aid Black Country.