

Coffee Morning Supporting Students Wellbeing



Task 1: Take a card from the table which represents how you are feeling today.



International
Primary
Curriculum



Overview

1. **Why Student Wellbeing Matters**
2. **Wellbeing at Charter International School**
3. **Practical Tips for Parents**



Inclusion Starts with Belonging

Belonging is the feeling that:

- I am **seen**
- I am **valued**
- I am **safe**
- I am **accepted for who I am**
- I can contribute and **my voice matters**



When children feel they belong, they thrive - academically, socially and emotionally.

When children experience belonging...

 Engagement increases

 Learning improves

 Confidence grows

 Wellbeing strengthens

 Relationships deepen



What this looks like in Primary



THANK YOU

I'M SORRY

PLEASE



BE
KIND

2025 - 2026 Year 6 House Captains

					
					
Dorrya	Grace	Aigiul	Prize	Sun	Smile



Statistics

- 15% of teenagers have a mental health disorder.
- 20% of people suffering mental health problems seek treatment.
- 29% of Thai youths reported persistent feelings of loneliness and isolation.
- ***“The rise in loneliness and stress is directly correlated with a lack of engagement within the family unit,”*** Poranee Puprasert: co-author of 2025 Child and Family Situation Report.

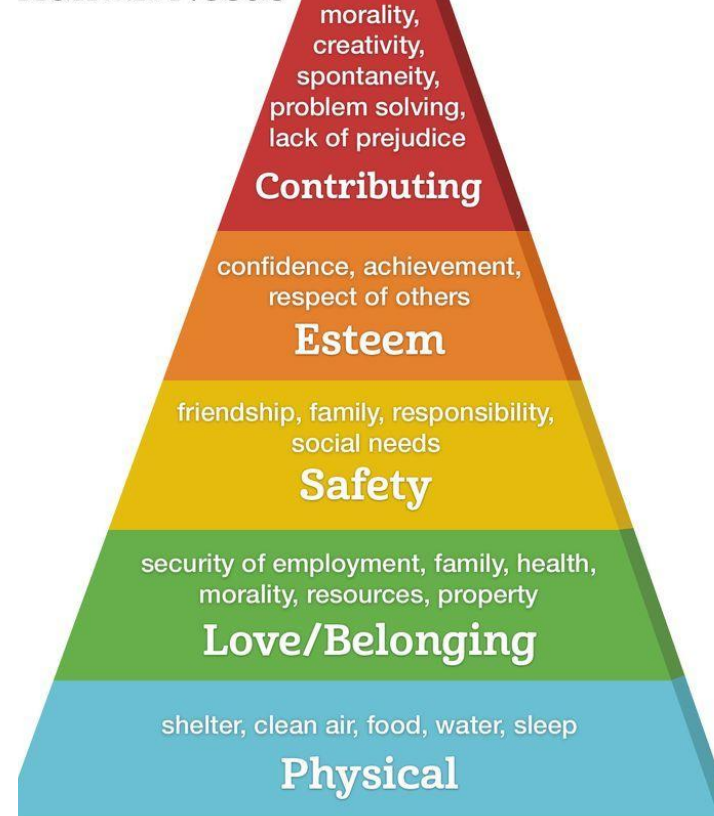
Task 2: Everybody please stand up

- Stay standing if..... you slept under a roof last night.
- Stay standing if... you have had a drink of water today.
- Stay standing if... you had a good night's sleep last night.
- Stay standing if... you have eaten breakfast today.
- Stay standing if... you feel physically healthy today.
- Stay standing if... you have smiled at someone today.
- Stay standing if...you haven't used social media or engaged with the News.
- Stay standing if... you have taken a moment to breathe/ pause/ relax today.

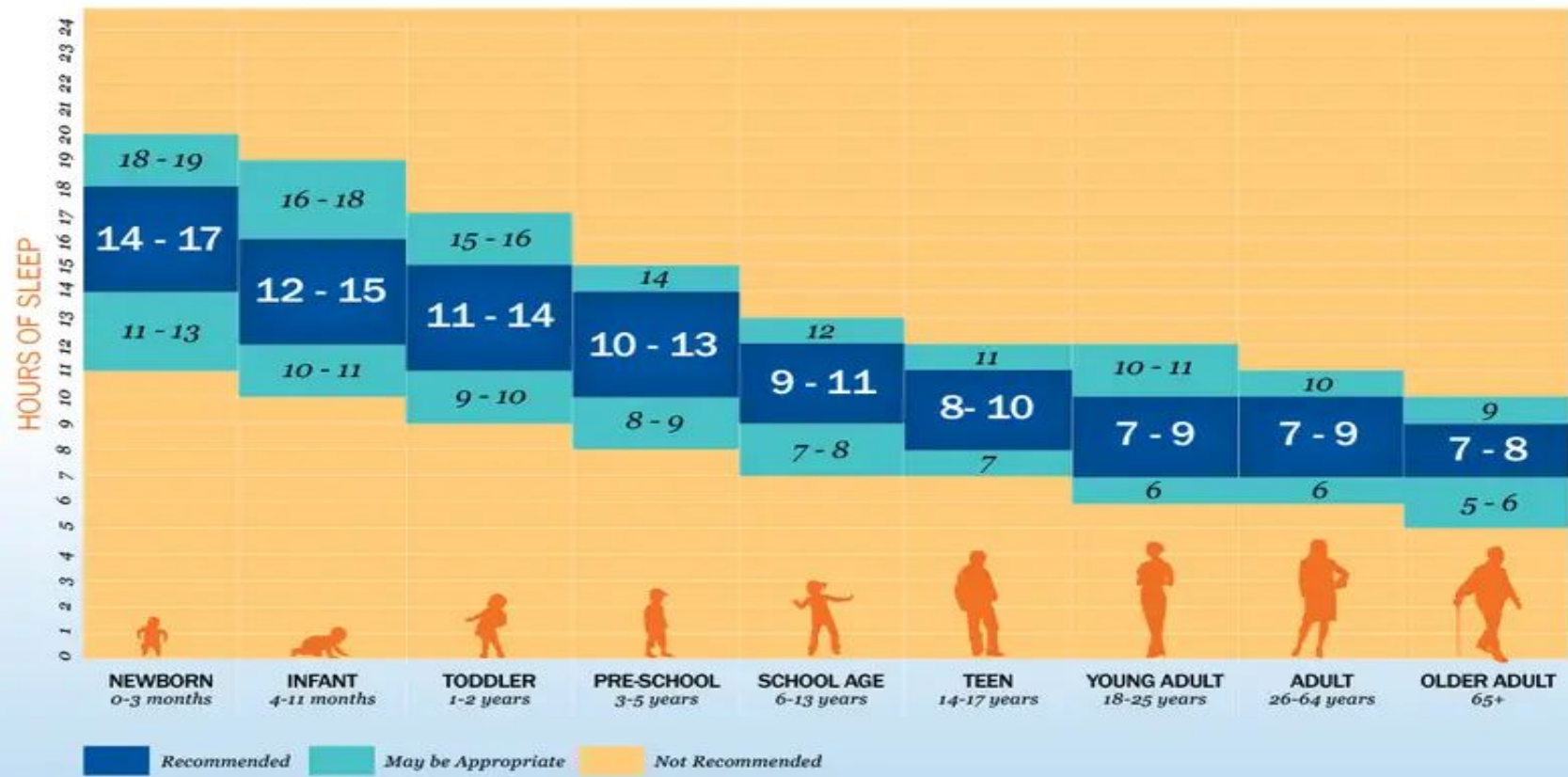
What Children Need to Thrive

- Children learn best when basic needs are met
- Unmet needs often show up as behaviour or disengagement
- Needs shift daily — not always a straight ladder
- Small routines at home make a big difference

Maslow's Hierarchy of Human Needs


















SLEEP DURATION RECOMMENDATIONS



The Still-Face



What are the age requirements for these apps?

 <p>Apple Messages: No official age requirement, but Apple ID for children under 13 can be created by a parent or guardian.</p>	 <p>Line: age 12+</p>	 <p>Threads (from Instagram): Typically would follow Instagram's requirement, which is 13 years old.</p>
 <p>Instagram: 13 years old.</p>	 <p>Snapchat: 13 years old.</p>	 <p>Vinted: 18 years old, or 13 to 17 years old with parental consent (varies by region).</p>
 <p>Facebook: 13 years old.</p>	 <p>FaceTime: No official age requirement, but an Apple ID for children under 13 can be created by a parent or guardian.</p>	 <p>Twitch: 13 years old, with those between 13 and 18 requiring guardian supervision and permission.</p>
 <p>WhatsApp: 16 years old in the European region and 13 in the rest of the world.</p>	 <p>TikTok: 13 years old, with parental consent for users under 18.</p>	 <p>X (Twitter): 13 years old.</p>
 <p>Facebook Messenger: 13 years old.</p>	 <p>YouTube: 13 years old, with a YouTube Kids app available for younger children.</p>	 <p>Discord: 13 years old.</p>

Only 4 out of 10 parents of 3–17 year-olds know the minimum age requirements for most social media platforms.

Lead by Example...

Family A



Family B



What family rules do you have at home?

Share an idea that may be helpful to others...

Time Away from Screens



Rethinking Mental Health



- Mental health = managing emotions appropriately,
- Not always “feeling good”
- Intense emotions in adolescence are normal development, not weakness
- Unpleasant emotions help build tolerance to stresses of life
- Help to develop healthy coping and problem-solving skills.



Task 3: Does the emotion match the situation?

1. **The student has a swimming lesson at school.**

Reaction: *Can't sleep at night, keeps saying "I can't do it", and refuses breakfast.*

2. **The student is asked to join a group activity in class.**

Reaction: *Goes quiet, avoids eye contact, and whispers that they don't want to do it.*

3. **The student is asked to share a toy during playtime.**

Reaction: *The student shouts "No!" and storms out of the room.*

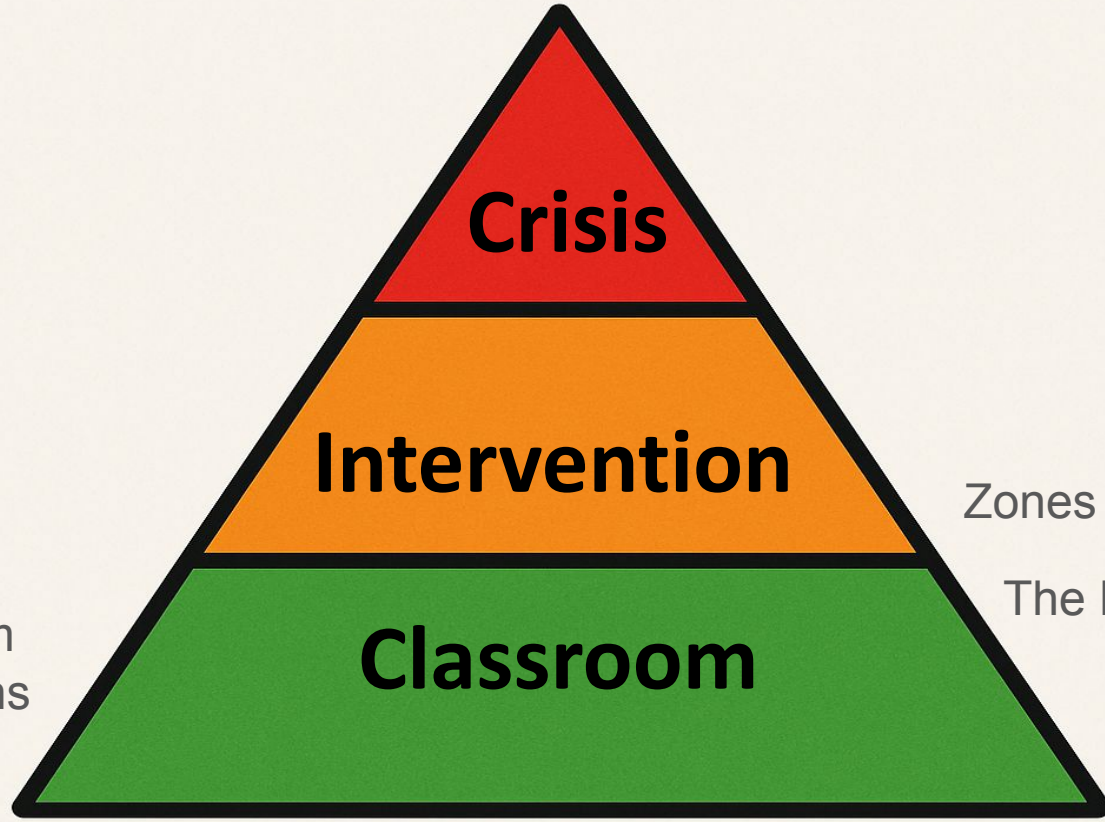
4. **The student is waiting to see their test results.**

Reaction: *Taps their foot, bites their nails, and says "I can't take this anymore."*

5. **The student is told plans have changed and the class will do a surprise activity.**

Reaction: *Becomes very fidgety, covers their ears, and says they need to leave the room.*

Supporting wellbeing at Charter



Crisis

Intervention

Classroom

Zones of regulation

The Nest

Weekly meetings

Pastoral
Coordinator

Restorative justice

Classroom
interactions

CPOMS

Anti-bullying week

PSHE

Komodo

Emotional check-ins



USA



Norway





- Home
- Class
- Resources
- Documents
- Search
- Settings
- Logout

Students

Group: 62, 6T, 6THA, 6THB, 6THC, 6THD, 6THE, 6THF, 6THG, 6THH, 6THI, 6THJ, 6THK, 6THL, 6THM, 6THN, 6THO, 6THP, 6THQ, 6THR, 6THS, 6THT, 6THU, 6THV, 6THW, 6THX, 6THY, 6THZ, 6THAA, 6THAB, 6THAC, 6THAD, 6THAE, 6THAF, 6THAG, 6THAH, 6THAI, 6THAJ, 6THAK, 6THAL, 6THAM, 6THAN, 6THAO, 6THAP, 6THAQ, 6THAR, 6THAS, 6THAT, 6THAU, 6THAV, 6THAW, 6THAX, 6THAY, 6THAZ, 6THBA, 6THBB, 6THBC, 6THBD, 6THBE, 6THBF, 6THBG, 6THBH, 6THBI, 6THBJ, 6THBK, 6THBL, 6THBM, 6THBN, 6THBO, 6THBP, 6THBQ, 6THBR, 6THBS, 6THBT, 6THBU, 6THBV, 6THBW, 6THBX, 6THBY, 6THBZ, 6THCA, 6THCB, 6THCC, 6THCD, 6THCE, 6THCF, 6THCG, 6THCH, 6THCI, 6THCJ, 6THCK, 6THCL, 6THCM, 6THCN, 6THCO, 6THCP, 6THCQ, 6THCR, 6THCS, 6THCT, 6THCU, 6THCV, 6THCW, 6THCX, 6THCY, 6THCZ, 6THDA, 6THDB, 6THDC, 6THDD, 6THDE, 6THDF, 6THDG, 6THDH, 6THDI, 6THDJ, 6THDK, 6THDL, 6THDM, 6THDN, 6THDO, 6THDP, 6THDQ, 6THDR, 6THDS, 6THDT, 6THDU, 6THDV, 6THDW, 6THDX, 6THDY, 6THDZ, 6THEA, 6THEB, 6THEC, 6THED, 6THEE, 6THEF, 6THEG, 6THEH, 6THEI, 6THEJ, 6THEK, 6THEL, 6THEM, 6THEN, 6THEO, 6THEP, 6THEQ, 6THER, 6THES, 6THET, 6THEU, 6THEV, 6THEW, 6THEX, 6THEY, 6THEZ, 6THFA, 6THFB, 6THFC, 6THFD, 6THFE, 6THFF, 6THFG, 6THFH, 6THFI, 6THFJ, 6THFK, 6THFL, 6THFM, 6THFN, 6THFO, 6THFP, 6THFQ, 6THFR, 6THFS, 6THFT, 6THFU, 6THFV, 6THFW, 6THFX, 6THFY, 6THFZ, 6THGA, 6THGB, 6THGC, 6THGD, 6THGE, 6THGF, 6THGG, 6THGH, 6THGI, 6THGJ, 6THGK, 6THGL, 6THGM, 6THGN, 6THGO, 6THGP, 6THGQ, 6THGR, 6THGS, 6THGT, 6THGU, 6THGV, 6THGW, 6THGX, 6THGY, 6THGZ, 6THHA, 6THHB, 6THHC, 6THHD, 6THHE, 6THHF, 6THHG, 6THHH, 6THHI, 6THHJ, 6THHK, 6THHL, 6THHM, 6THHN, 6THHO, 6THHP, 6THHQ, 6THHR, 6THHS, 6THHT, 6THHU, 6THHV, 6THHW, 6THHX, 6THHY, 6THHZ, 6THIA, 6THIB, 6THIC, 6THID, 6THIE, 6THIF, 6THIG, 6THIH, 6THII, 6THIJ, 6THIK, 6THIL, 6THIM, 6THIN, 6THIO, 6THIP, 6THIQ, 6THIR, 6THIS, 6THIT, 6THIU, 6THIV, 6THIW, 6THIX, 6THIY, 6THIZ, 6THJA, 6THJB, 6THJC, 6THJD, 6THJE, 6THJF, 6THJG, 6THJH, 6THJI, 6THJJ, 6THJK, 6THJL, 6THJM, 6THJN, 6THJO, 6THJP, 6THJQ, 6THJR, 6THJS, 6THJT, 6THJU, 6THJV, 6THJW, 6THJX, 6THJY, 6THJZ, 6THKA, 6THKB, 6THKC, 6THKD, 6THKE, 6THKF, 6THKG, 6THKH, 6THKI, 6THKJ, 6THKK, 6THKL, 6THKM, 6THKN, 6THKO, 6THKP, 6THKQ, 6THKR, 6THKS, 6THKT, 6THKU, 6THKV, 6THKW, 6THKX, 6THKY, 6THKZ, 6THLA, 6THLB, 6THLC, 6THLD, 6THLE, 6THLF, 6THLG, 6THLH, 6THLI, 6THLJ, 6THLK, 6THLL, 6THLM, 6THLN, 6THLO, 6THLP, 6THLQ, 6THLR, 6THLS, 6THLT, 6THLU, 6THLV, 6THLW, 6THLX, 6THLY, 6THLZ, 6THMA, 6THMB, 6THMC, 6THMD, 6THME, 6THMF, 6THMG, 6THMH, 6THMI, 6THMJ, 6THMK, 6THML, 6THMM, 6THMN, 6THMO, 6THMP, 6THMQ, 6THMR, 6THMS, 6THMT, 6THMU, 6THMV, 6THMW, 6THMX, 6THMY, 6THMZ, 6THNA, 6THNB, 6THNC, 6THND, 6THNE, 6THNF, 6THNG, 6THNH, 6THNI, 6THNJ, 6THNK, 6THNL, 6THNM, 6THNN, 6THNO, 6THNP, 6THNQ, 6THNR, 6THNS, 6THNT, 6THNU, 6THNV, 6THNW, 6THNX, 6THNY, 6THNZ, 6THOA, 6THOB, 6THOC, 6THOD, 6THOE, 6THOF, 6THOG, 6THOH, 6THOI, 6THOJ, 6THOK, 6THOL, 6THOM, 6THON, 6THOO, 6THOP, 6THOQ, 6THOR, 6THOS, 6THOT, 6THOU, 6THOV, 6THOW, 6THOX, 6THOY, 6THOZ, 6THPA, 6THPB, 6THPC, 6THPD, 6THPE, 6THPF, 6THPG, 6THPH, 6THPI, 6THPJ, 6THPK, 6THPL, 6THPM, 6THPN, 6THPO, 6THPP, 6THPQ, 6THPR, 6THPS, 6THPT, 6THPU, 6THPV, 6THPW, 6THPX, 6THPY, 6THPZ, 6THQA, 6THQB, 6THQC, 6THQD, 6THQE, 6THQF, 6THQG, 6THQH, 6THQI, 6THQJ, 6THQK, 6THQL, 6THQM, 6THQN, 6THQO, 6THQP, 6THQQ, 6THQR, 6THQS, 6THQT, 6THQU, 6THQV, 6THQW, 6THQX, 6THQY, 6THQZ, 6THRA, 6THRB, 6THRC, 6THRD, 6THRE, 6THRF, 6THRG, 6THRH, 6THRI, 6THRJ, 6THRK, 6THRL, 6THRM, 6THRN, 6THRO, 6THRP, 6THRQ, 6THRR, 6THRS, 6THRT, 6THRU, 6THRV, 6THRW, 6THRX, 6THRY, 6THRZ, 6THSA, 6THSB, 6THSC, 6THSD, 6THSE, 6THSF, 6THSG, 6THSH, 6THSI, 6THSJ, 6THSK, 6THSL, 6THSM, 6THSN, 6THSO, 6THSP, 6THSQ, 6THSR, 6THSS, 6THST, 6THSU, 6THSV, 6THSW, 6THSX, 6THSY, 6THSZ, 6THTA, 6THTB, 6THTC, 6THTD, 6THTE, 6THTF, 6THTG, 6THTH, 6THTI, 6THTJ, 6THTK, 6THTL, 6THTM, 6THTN, 6THTO, 6THTP, 6THTQ, 6THTR, 6THTS, 6THTT, 6THTU, 6THTV, 6THTW, 6THTX, 6THTY, 6THTZ, 6THUA, 6THUB, 6THUC, 6THUD, 6THUE, 6THUF, 6THUG, 6THUH, 6THUI, 6THUJ, 6THUK, 6THUL, 6THUM, 6THUN, 6THUO, 6THUP, 6THUQ, 6THUR, 6THUS, 6THUT, 6THUU, 6THUV, 6THUW, 6THUX, 6THUY, 6THUZ, 6THVA, 6THVB, 6THVC, 6THVD, 6THVE, 6THVF, 6THVG, 6THVH, 6THVI, 6THVJ, 6THVK, 6THVL, 6THVM, 6THVN, 6THVO, 6THVP, 6THVQ, 6THVR, 6THVS, 6THVT, 6THVU, 6THVV, 6THVW, 6THVX, 6THVY, 6THVZ, 6THWA, 6THWB, 6THWC, 6THWD, 6THWE, 6THWF, 6THWG, 6THWH, 6THWI, 6THWJ, 6THWK, 6THWL, 6THWM, 6THWN, 6THWO, 6THWP, 6THWQ, 6THWR, 6THWS, 6THWT, 6THWU, 6THWV, 6THWW, 6THWX, 6THWY, 6THWZ, 6THXA, 6THXB, 6THXC, 6THXD, 6THXE, 6THXF, 6THXG, 6THXH, 6THXI, 6THXJ, 6THXK, 6THXL, 6THXM, 6THXN, 6THXO, 6THXP, 6THXQ, 6THXR, 6THXS, 6THXT, 6THXU, 6THXV, 6THXW, 6THXX, 6THXY, 6THXZ, 6THYA, 6THYB, 6THYC, 6THYD, 6THYE, 6THYF, 6THYG, 6THYH, 6THYI, 6THYJ, 6THYK, 6THYL, 6THYM, 6THYN, 6THYO, 6THYP, 6THYQ, 6THYR, 6THYS, 6THYT, 6THYU, 6THYV, 6THYW, 6THYX, 6THYY, 6THYZ, 6THZA, 6THZB, 6THZC, 6THZD, 6THZE, 6THZF, 6THZG, 6THZH, 6THZI, 6THZJ, 6THZK, 6THZL, 6THZM, 6THZN, 6THZO, 6THZP, 6THZQ, 6THZR, 6THZS, 6THZT, 6THZU, 6THZV, 6THZW, 6THZX, 6THZY, 6THZZ

1 recommended check-in | 0 requested check-ins

Students | Surveys due | QR codes

Search | Sort by Overall Wellbeing

Go to Settings | All me anything...



Back



[Redacted Name]

No current check-in details

[Redacted]

Edit

Previous

Next

Wellbeing

Feed

Check-ins

QR codes

Highest Scoring Categories

Social Interaction

I get along well with others

Often

Digital use and sleep

The time I spend on social media/devices interferes with my sleep

Sometimes

Energy

In the past week, how would you describe your energy levels?

Average

Lowest Scoring Categories

Confidence

I feel confident in myself

Rarely

Family Connection

I can ask my family for help when I need it

Disagree

School Connection

I feel connected to my school community

Rarely

Student wellbeing scores

Hide follow ups

Metrics: Overall Wellbeing

12 Months

01 Feb 2025 - 13 Jan 2026

Export Data



Activate Windows
Go to Settings to activate Windows.

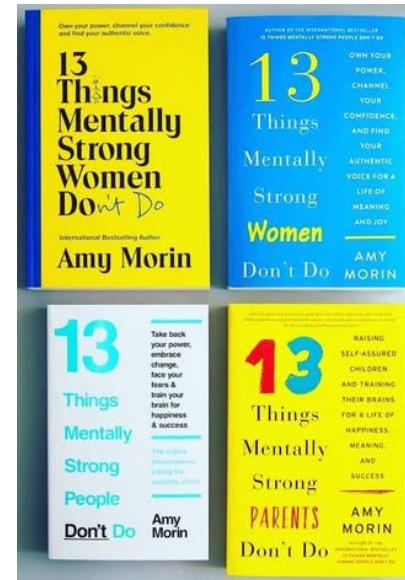
Ask me anything...

Zones of Regulation

BLUE	GREEN	YELLOW	RED
			
<p>Sick Sad Tired Bored Moving Slowly</p>	<p>Happy Calm Good to Go Focused Ready to Learn</p>	<p>Frustrated Worried Silly/Wiggly Anxious Excited</p>	<p>Mad/Angry Mean Yelling/Hitting Out of Control I Need Time and Space</p>

How was your day?

1. What was the best part of your day?
2. What's a mistake you learned from today?
3. Who did you help today, and how did that make you feel?
4. What was something tricky/ difficult today, and what did you learn about yourself from it?
5. What is something you're looking forward to or would like to try next?



How to interact with your child to support wellbeing?

Task 3: Using the card you picked

Ask your partner open questions about the card

Eg. Why did you pick that card?

What does _____ represent?

Who is _____?

How does this make you feel?

Egan's Model of Counselling

1. Current Situation
2. Preferred Situation
3. Action Strategies

Book Recommendations

