



REGENTS INTERNATIONAL SCHOOL
PATTAYA

A NORD ANGLIA EDUCATION SCHOOL

WELLBEING AT REGENTS

PSG MONTHLY MEETING

1 February 2023

"Think in, speak out"



Designed by Rose Kong, 8.1



WHOLE SCHOOL PASTORAL TEAM



Hannah Naowasuk
Deputy Head of Primary

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Neasa Ni Ghallchoir
Assistant Head of Secondary

Neasa.nighallchoir@regents-
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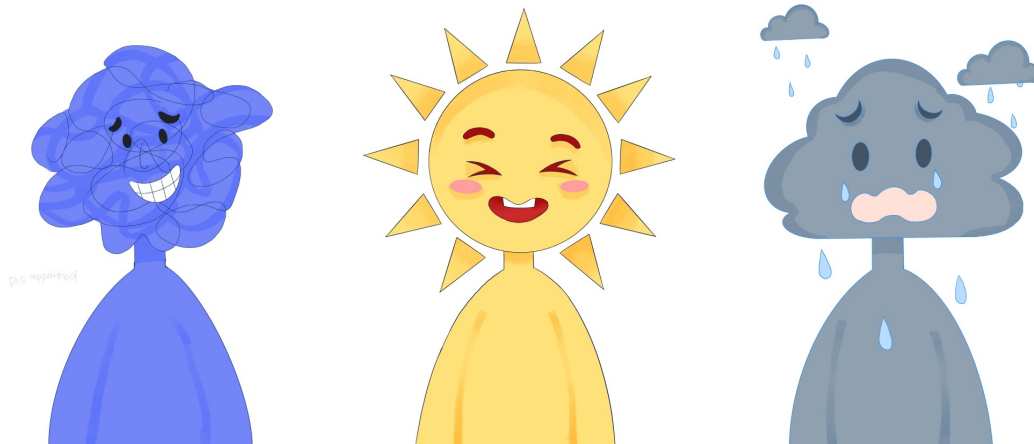
Aga Dorochowicz
School Counsellor

aga.dorochowicz@regents-
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WELLBEING

Well-being is a positive state experienced by individuals and societies.

- World Health Organisation



**HOW IS POSITIVE WELLBEING
ACHIEVED?**

OUR AIM

Conversations about wellbeing are more effective in the context of a **positive whole-school environment**, where:

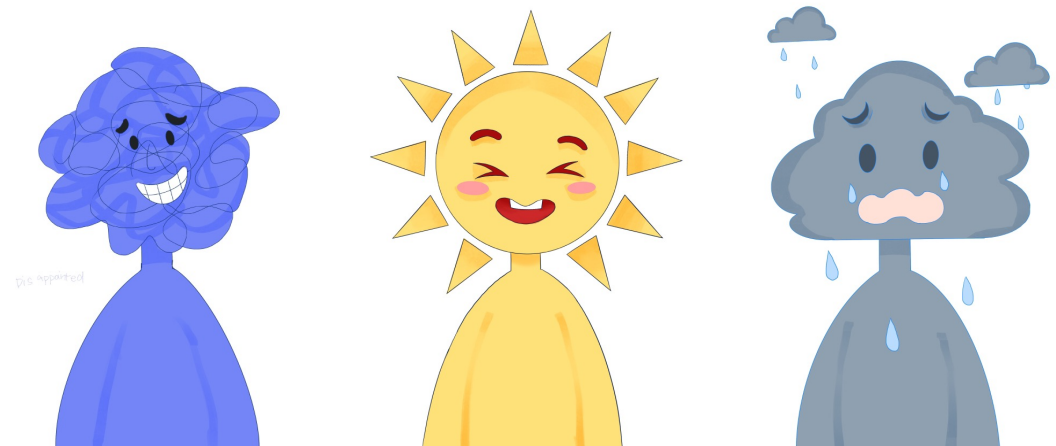
- There is an ethos of constructive, caring **relationships** across the school built on **trust, kindness, safety and security**.
- There is a **sense of belonging** and students are encouraged to talk to staff about worries and difficulties.
- Students **learn** good social and emotional skills.
- All **staff are trained** to be alert, watchful and curious about students' behaviour, their body language, their interaction with other students, what they say, what they draw and what they do in school.



OUR VISION

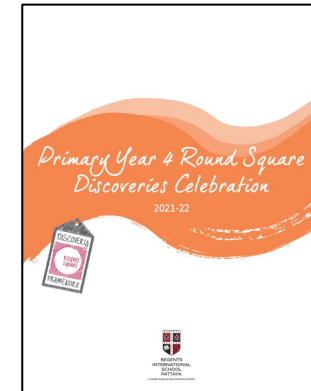
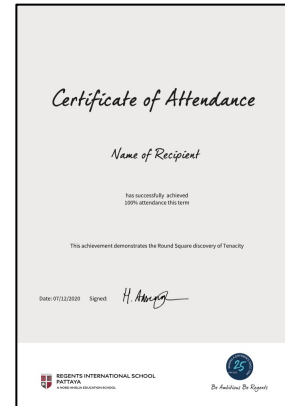
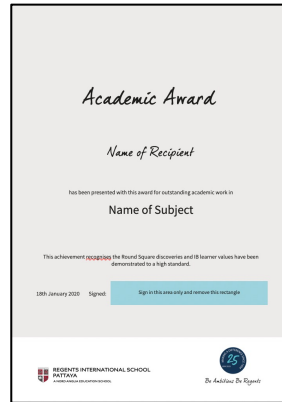
We want all children/young people to:

- feel confident in themselves
- be able to express a range of emotions appropriately
- be able to make and maintain positive relationships with others
- manage times of stress and be able to deal with change, setbacks and uncertainty
- Develop and thrive
- Engage positively with their education



WHAT DO WE DO AT REGENTS?

GROWING AMBITIOUS LEARNERS RECOGNITION, CONNECTION AND BELONGING



RECOGNITION, CONNECTION AND BELONGING

WELLBEING WEEK

MINDFUL MONDAY

TERRIFIC TUESDAY/THANKFUL TUESDAY

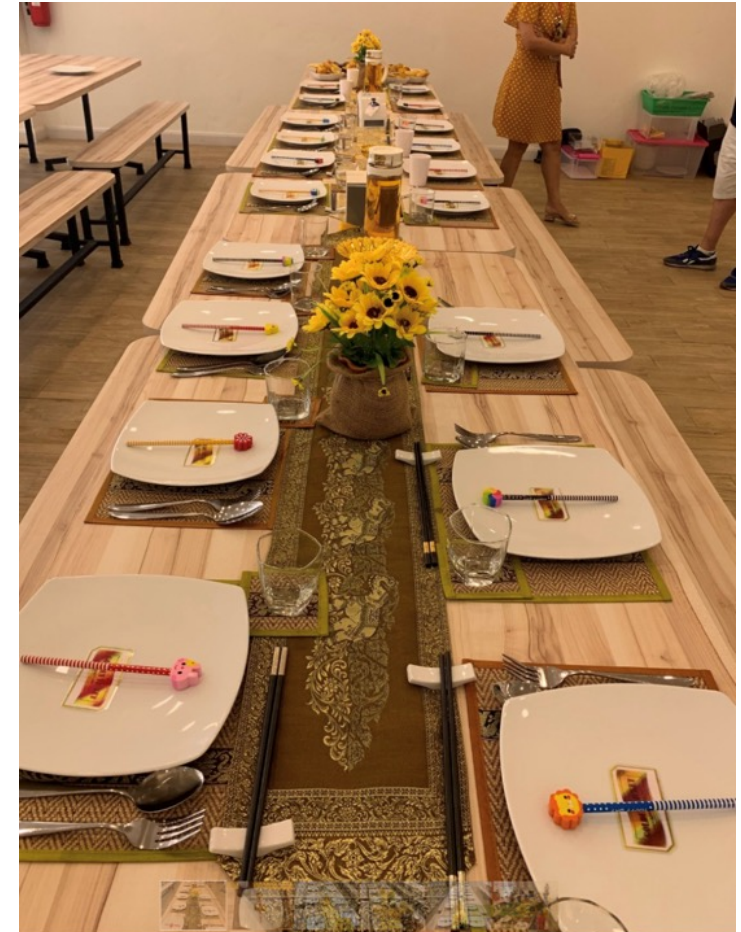
WELLBEING WEDNESDAY

THOUGHTFUL THURSDAY

FUN FRIDAY



GOLDEN TABLE





PRIMARY PASTORAL TEAM

STUDENT WELLBEING IN THE PRIMARY SCHOOL

Who is Who?

If you want to talk to someone about your wellbeing,
you can speak to any of these people



YEAR 4R



Mr. William Woodhouse
Year 4R Class Teacher



Ms. Gemma Cottam
Milepost 2 Leader



Ms. Hannah Naowasuk
Deputy Head of Primary



Ms. Aga Dorochowicz
Whole School Counsellor



SECONDARY PASTORAL TEAM

WELLBEING TUTORS

STUDENT WELLBEING IN THE SECONDARY SCHOOL

Who is Who?

If you want to talk to someone about your wellbeing,
you can speak to any of these people



YOUR FORM TEACHER YOUR HEAD OF YEAR



Ms. Ruth Demery
Head of Year 7
ruth.demery@regents-pattaya.co.th



Ms. Iena Dua
Head of Year 8
ienadua@regents-pattaya.co.th



Mr. Stephen Fabia
Head of Year 9
stephen.fabia@regents-pattaya.co.th



Ms. Amy Beale
Head of Year 10
amy.beale@regents-pattaya.co.th



Mr. Anthony Johnstone
Head of Year 11
anthony.johnstone@regents-pattaya.co.th



Ms. Lauren Hucknall
Head of Year 12 and 13
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Ms. Neasa Ni Ghallchoir
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Ms. Aga dorochowicz
Whole School Counsellor
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WHOLE SCHOOL COUNSELLOR

Aga Dorochowicz
School Counsellor

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PROMOTING POSITIVE WELLBEING AT HOME

- Good, quality sleep
- Regular exercise
- Making time for friends and family
- Eating healthily
- Talking about feelings and emotions
- Less screen time



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THANK YOU

PARENT WORKSHOP – 22ND MARCH