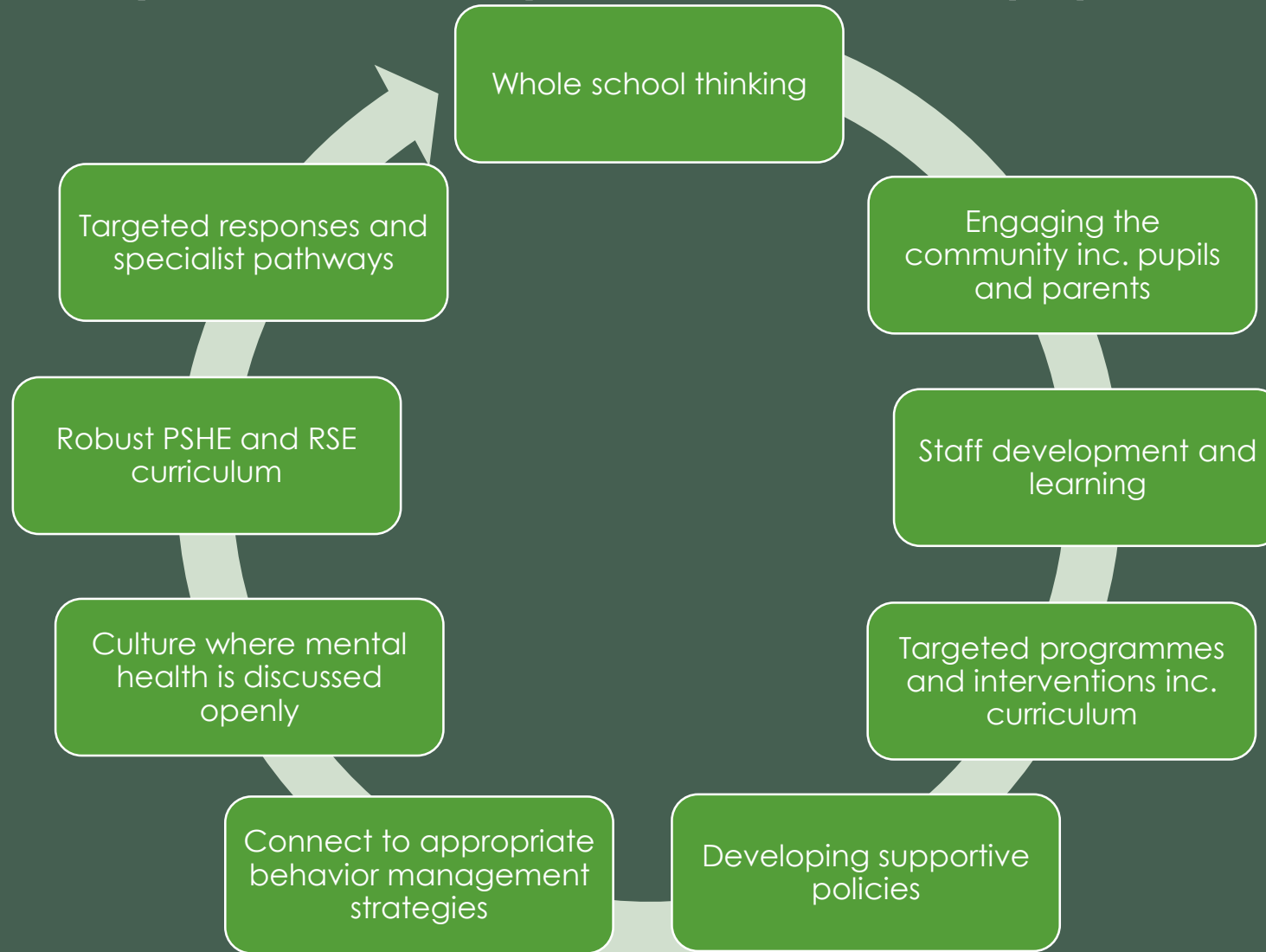


SUPPORTING STUDENT MENTAL HEALTH

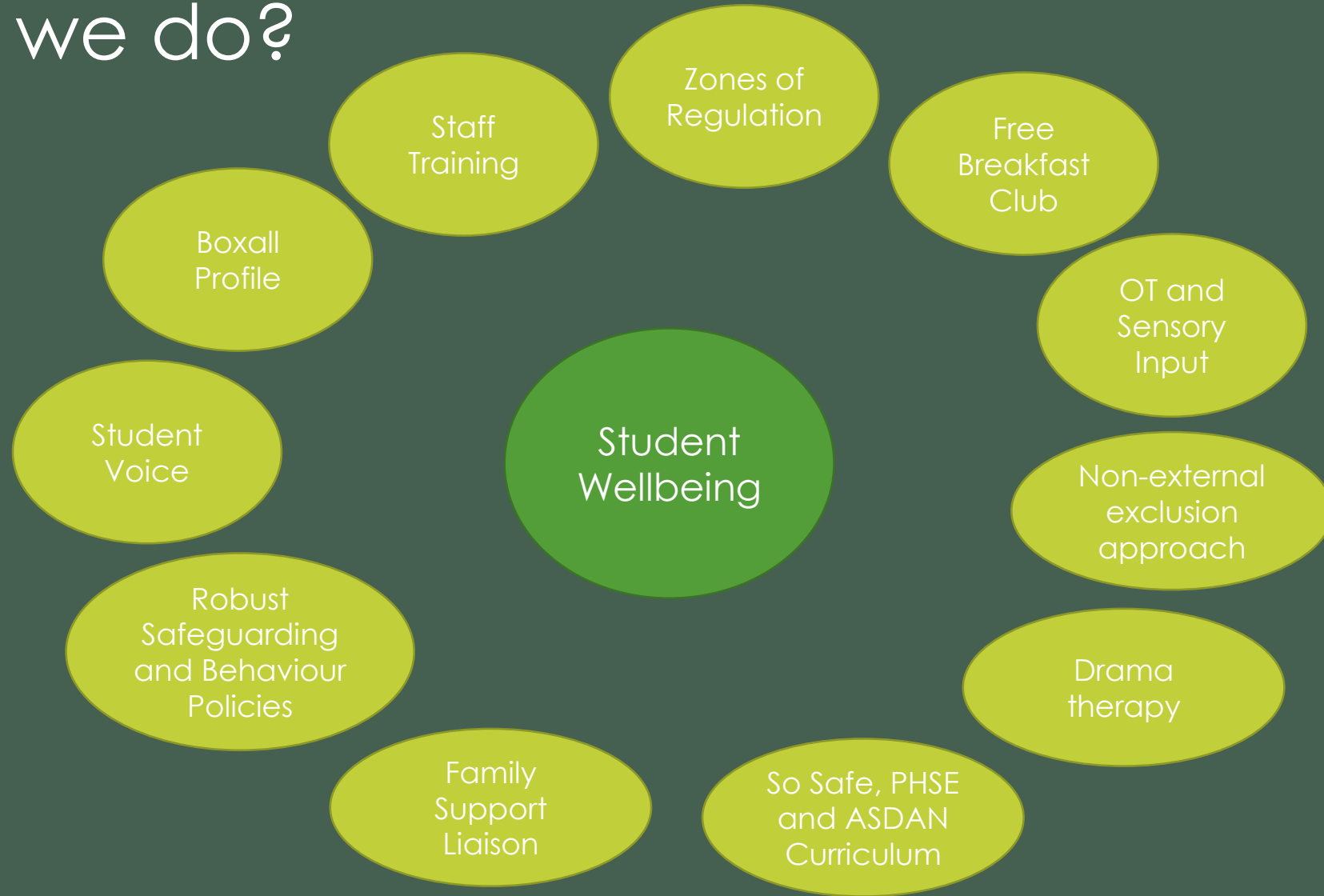
A mentally healthy school approach



Student Wellbeing Intention

- Support students to assess their emotional wellbeing and learn strategies for self-regulation
- Staff to be aware of signs of changes in students' emotional wellbeing and ways to support them
- Ensure an environment where emotional wellbeing is supported and encouraged and open communication is promoted
- Understand pathways of referral for more serious concerns

What do we do?



Mental Health in the Curriculum

- PSHE Association
- Identifying & expressing feelings
- SA4-managing pressure
- SSS2 feeling frightened and worried
- MF1- self esteem & unkind comments
- MF2- strong feelings
- HL2- Mental wellbeing

- All ASDAN courses have a Healthy Lifestyle module which has links to the PSHE association.

- My healthy lifestyle module:

This ASDAN module provides an opportunity for young people to consider how they can develop a healthy lifestyle as they progress to adulthood. This involves pro-active approaches to developing good physical, emotional, social, sexual and spiritual health, including developing resilience and coping strategies for when life presents challenges.


- The school uses the So Safe programme to support students' safety in the world around them

Identifying and Responding to Mental Health Concerns in Students

- Staff training in identifying risks and indicators
- Culture of awareness and attentiveness - behaviour monitoring, safeguarding team, data reviews
- All concerns recorded internally
- Team monitoring
- Concerns discussed with families
- Internal interventions
- Possible referral to internal therapy
- Individual Healthcare Plan created and shared
- Referral for external services – Early Help, CAMHS

Support Resources

- <https://www.youngminds.org.uk/>
- <https://www.nspcc.org.uk/keeping-children-safe/childrens-mental-health/>
- <https://www.nhs.uk/mental-health/children-and-young-adults/>
- <https://www.mind.org.uk/for-young-people/>



If you have any concerns around
your child's emotional wellbeing
and need support please contact
their class teacher or Miss Taylor