

Mental Wellbeing Strategy

The strands below build on a culture that is consistent in its approach to mental health and wellbeing. As outlined in the DfE's 'Mental Health and Behaviour in Schools' guidance (November 2020), we provide a structured school environment with clear expectations of behaviour, well communicated social norms and routines, which are enforced consistently. We provide a graduated response when the behavioural issues might be the result of educational, mental health, other needs or vulnerabilities.

Mental Health and wellbeing strand 1 - Openess and Awareness

Our aim is to create a culture of mental wellbeing that is non judgemental and where it is ok to talk about how we feel. It is important to be able to identify the early signs and symptoms of mental illness and signpost for support accordingly.

We all have a responsibility to protect life and therefore we will ensure that suicide awareness is a shared responsibility and priority across the trust. We will promote positive and health lifestyles across our school.

Mental Health and wellbeing strand 2 - Student Curriculum

The school's rich and diverse curriculum and enrichment offer will teach young people how to develop their character to build resilience, increase confidence and foster independence in order to lead mentally and physically healthy lives. We will work with young people to help them to understand the most relevant areas affecting thier wellbeing.

Vision

As a school we are committed to the following:

- * Adopting a whole school approach to mental wellbeing*
- * Helping children to flourish, learn and succeed, by proving opportunities for them, and the adults around them to develop the strengths and coping skills that underpin resilience.*

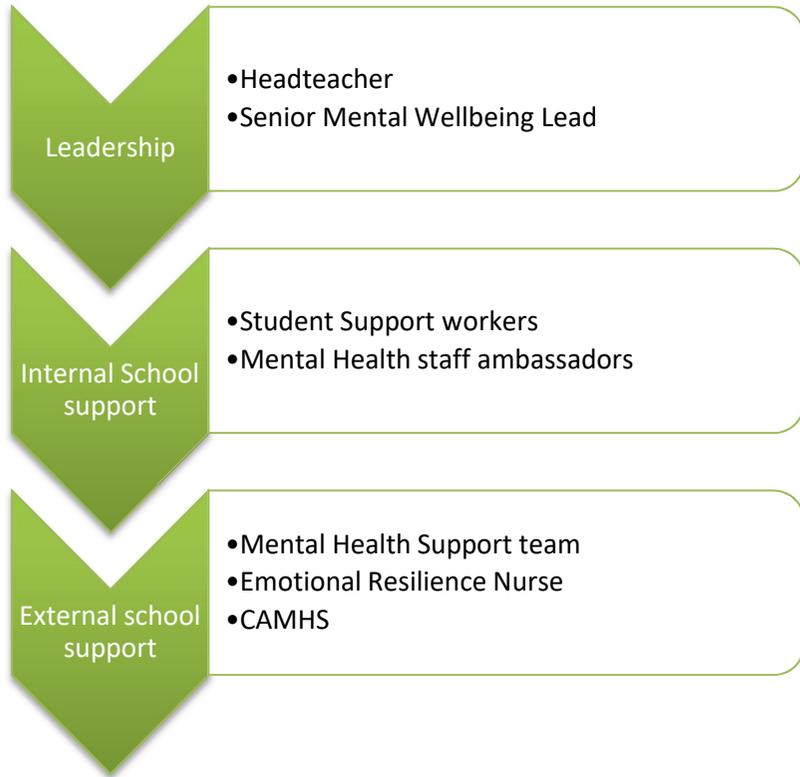
Mental Health and wellbeing strand 3 - Staff Training

We will offer a comprehensive staff training and development programme. All staff in the school will have access to training around safeguarding of children. There will be further training for teams of staff around developing an clearer understanding of how they can best recognise and support the need of learners in their job roles.

Mental Health and well being strand 4 - Inclusion and diversity

We recognise that some groups are more prone to mental health issues than others. We are focussed on and are committed to supporting these groups to lead happy and healthy lives.

Mental Wellbeing staffing



Graduated response

