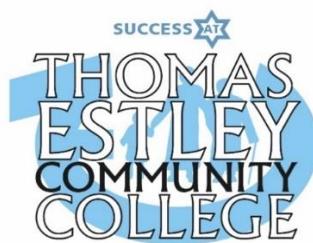


Supporting the Wellbeing of Every Student at Thomas Estley

At Thomas Estley Community College, we aim to promote positive mental health for every member of our staff and student body. We pursue this aim using both universal, whole school approaches and specialised, targeted approaches aimed at vulnerable students.



How do we support students' welfare and emotional well being at Thomas Estley?

Open door policy –
student receive quality time with the Mental Health lead or a member of the pastoral team



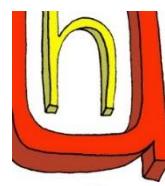
We signpost students to free, safe and anonymous online support

Qualified counsellor is available one day a week and works with a targeted group of students for a period of six weeks

Year 10 workshop – Strategies for a healthy teenage lifestyle – 15 of year 10 boys will be taking part in this event

Workshops will include:

- Thinking Positive - Dealing with stress & worries effectively
- Esteem Booster - Strategies for developing confidence and self-awareness
- Nutrition for teenagers: Why is a healthy diet important?
- Physical activity taster sessions such as Pilates, martial arts, core stability, archery etc.



HU was created from a desire to help young people make positive changes and to improve their life chances. By focusing on the 5 main outcomes of our work we help them create a strong foundation by improving 5 levels of Hope, Confidence, Happiness, relationships before finally enhancing their employability skills and life chances

(Jan 2017 – all year 10 students had the opportunity to be part of a three-hour workshop)

In order to reduce stress and anxiety this year some students have benefited from weekly mindfulness sessions with a qualified external provider. Feedback from students has been incredibly positive and has reduced stress levels significantly



Mental Health Awareness Week –
Whole school assemblies and tutor time activities to raise awareness of mental health

Peer Mentoring Programme ssat
the schools, students and teachers network

A part of the SSAT leadership programme students set up a peer mentoring programme to support other students with a range of issues

The courses provide a creative way of delivering social and emotional aspects of learning (SEAL), and this fits in with Healthy Schools and every Child Matters agenda. The small group setting gives the young people a safe environment in which to express their feelings and opinions, learning from other group members.

What external agencies do we engage with in order to support our young people?

We seek extensive external support when required to ensure the emotional well-being of all our students. Working in partnership with parents and external agencies is paramount to ensure positive mental health of students at Thomas Estley – Some of these agencies are listed below:

The Bridge

The Bridge Youth Advocacy Program is a mentoring program for children between 7 and 15 years old. Mentoring is a proven method of promoting social skill development and healthy decision-making by teaching through example. Mentors help at-risk youth develop a more positive outlook on their futures, improve academically, and get along better with their peers and family members.



Jasmine House



Jasmine House provides free confidential support and information for women and girls who have experienced any form of sexual violence at any time in their lives.

Self harm Pathways

Self-harm overview NICE **Pathways** bring together everything NICE says on a topic in an interactive flowchart. NICE **Pathways** are interactive and designed to be used online.

Information cascaded to staff in school



CAMHS

YOUNGMINDS

CAMHS stands for **Child and Adolescent Mental Health Services**. CAMHS are the NHS services that assesses and treat young people with emotional, behavioural or mental health difficulties.

CAMHS support covers depression, problems with food, self-harm, abuse, violence or anger, bipolar, schizophrenia and anxiety, to name a few.

There are local NHS CAMHS services around the UK, with teams made up of nurses, therapists, psychologists, support workers and social workers, as well as other professionals.

Staff Training and development

Mental health lead has received external training on all aspects of Mental Health:

Including National training: Measuring the mental wellbeing and improving the lives of young people



Designated senior Mental Health lead (VP i/c behaviour and welfare) to receive a two-day training package

Promoting Positive Mental Health in your school

How to Lead a mentally healthy school?

Colleagues from other schools within the Trust and Alliance will be invited to training which will be delivered by our trained mental health leads

All staff receive frequent updates on any national developments

All staff have received detailed guidance on how to support students with mental health issues (e.g suspect a student is self-harming – what to do)

Plans for 2018-19



Exciting! We will be working towards receiving this award during next academic year. Staff across the school have volunteered to join a working party to ensure we are successful in receiving this recognition.

Through The Prince William Award, we help young people build their character, resilience and confidence to empower them to "be their best".



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Mike Glanville

www.myconcern.co.uk



New to 2018-19 – staff to have directed time in pastoral CPD to complete online modules providing training on how to promote a positive mental health

A bank of resources on all topics will be available for staff to access

MyConcern is our simple to use, safe and secure software for recording and managing all safeguarding concerns. The system enables all staff to record any safeguarding concern, safe in the knowledge that a proper record has been made and that their safeguarding lead has been automatically notified. It also equips the designated safeguarding lead to assess each concern and manage any ongoing action that needs to be taken.

