



Beths Emotional Wellbeing and Mental Health (EW/MH) Strategy

Update September 2023

Vision:

Beths will aim to ensure:

- Staff/students/parents/carers are aware of EW/MH issues and warning signs
- Staff/students/parents/carers know where they can go to access support for themselves or others
- Student and staff wellbeing will be assessed annually, and appropriate interventions offered
- Collaboration with partners to achieve the optimum EW/MH support for the whole school community
- Acknowledgement, understanding, and promotion of the awareness of risk factors that may impact upon an individual's EW/MH

How this will be achieved:

For the whole school community –

1. An Emotional Wellbeing and Mental Health Policy
2. A Counselling Policy
3. Wellbeing pages on the school website
4. Flow charts showing staff, students and parents how to access EW/MH support
5. Appointment and use of Wellbeing Champions from the whole school community
6. Wider liaison with local commissioning groups, local partners, local health forums and other schools

For students:

1. A member of the Wellbeing Team to attend Student Council Meetings
2. Noticeboards around school to provide EW/MH information and resources
3. A student area within the wellbeing pages of school website to provide EW/MH information and links
4. A flow chart shown on the student wellbeing page of school website detailing how to access EW/MH support
5. Introduce additional awards each year to reflect the school values to redress the balance between sporting and academic awards
6. EW/MH needs to be assessed annually, a range of interventions offered and where appropriate information shared with other members of staff
7. Regular assemblies, PSHCE and form time set aside to improve knowledge/awareness of EW/MH and any difference (including IEN)
8. Connect Club to provide a safe place for students to share any concerns with Wellbeing Champions and/or school counsellors/staff



For staff:

1. The appraisal process to include staff member's EW/MH and 360 degree feedback to be considered
2. HR systems and communication channels to be regularly reviewed
3. Stress management/positive wellbeing guidance in place
4. Specific resources allocated for EW/MW
5. CPD options to include a variety of MH/EW topics over the course of the academic year
6. Staff noticeboard to provide EW/MH information and resources
7. A 'wellbeing corner' in the weekly staff bulletin to promote staff wellbeing
8. A flow chart within the staff area of the wellbeing pages on the school website to show the process if concerned about a student/own/colleague's EW/MH
9. Wellbeing to be assessed routinely and appropriate interventions offered
10. Links to be maintained with outside agencies in order students may be referred for external specialist EW/MH support
11. Work together with other schools to share best practice and new learning
12. Wellbeing Lead to attend local mental health forums and participate in local commissioning arrangements

For parents/carers:

1. A comprehensive induction evening for year 7 parents/carers
2. The introduction of parent/carer workshops, including how to support their child's EW/MH
3. A parent/carer area within the wellbeing pages on the school website to provide links to external organisations supporting young people's EW/MH
4. A flow chart within the parent/carer area of the wellbeing pages on the school website to show how they can access appropriate support for their child