

STUDENT WELLBEING AND MENTAL HEALTH

Student Wellbeing

At Southchurch High School, we are committed to developing and maintaining positive emotional and mental health and general wellbeing in our school community for both students and staff. We firmly believe that happy, secure students learn more effectively and are more confident and motivated with their studies.

However, we recognise that feeling happy and secure at all times can be challenging for some students and that all of us can experience changes in our general wellbeing for a range of reasons. Because of this, we promote a culture where all members of the school community feel valued and supported and all feel able to share concerns where they arise.

We promote this culture through:

- High quality teaching and student support
- Positive interactions between staff, students and home
- Our pastoral support system which includes: Tutors, Year Teams, Safeguarding Leads, Learning Mentors, Inclusion Team and members of the Senior Leadership Team
- Extensive liaison with external services, where appropriate, to ensure that, as far as possible, students receive the support that they need
- PSHE lessons which are constantly reviewed and update to reflect students' needs
- Assemblies and tutor activities which focus on well-being and key aspects of safeguarding
- Information shared in the weekly Southchurch Parent Newsletter and on the school website
- HR processes within the school
- Staff training to assist staff in identifying mental health warning signs and advising them on best practice strategies

Mental Health in Schools Trailblazer Pilot

The government has recently been looking closely at what can be done to improve children and young people's emotional resilience and mental health. Following the Green Paper on this topic, as a school we decided to implement the following:

- Mental Health First Aid Training for all members of the Pastoral Team;
- ACES training for all members of the Pastoral Team;
- Creation of a Learning Mentor Team which focuses on key students in each year group, who have exhibited barriers for learning;
- A QR code for bullying which is monitored daily and actioned immediately;
- Working towards the acquisition of the United Against Bullying Award for the Anti Bullying Alliance
- Anti-Bullying presentation by the UAB, carried out to all staff and offered to all parents
- Safeguarding briefings for staff have focused on local concerns: County Lines and Child Sexual Exploitation;
- Consent workshops for all students at Southchurch High School;
- Tutor Time presentations on Healthy Relationships; a 10 week programme;
- Use of external interventions when needed, such as YMCA, Girls on Board, Goodman Project, Evolve, Neuronotion, Affinity and Power Project.