Wellbeing and Positive Mental Health Offer

At our school we recognise the importance of positive mental health and wellbeing. We are acutely aware of rising National trends for mental health issues, the lack of resources for supporting young people with mental health issues and the lack of understanding of such issues.

We are also concerned by the lack of resilience and general anxiety being shown across a growing number of our student population. Whilst some of this 'anxiety' may be deep seated, much can be dealt with simply by all members of staff reminding the students of the need to be resilient and allowing them to 'get things wrong' or 'make a mistake' in a safe environment.

To better support our students, the Pastoral Team operate a staged response to mental health and wellbeing to ensure that all of our students are targeted appropriately.
We are able to offer 'champions' in areas of mental health and wellbeing that you should approach if you have any related concerns for a student:

Area of Concern	**Champion**
Accredited Solution Focused Practitioner	Mrs Venables (PV)
Anxiety	Mrs Ross (MRo)
Bereavement	Mrs Sayles (RSA), Mrs Gulliford (HG), Mrs Eaton (JE)
Child Exploitation and County Lines	PV, Mrs Stevens (VS), JE
Child Sexual Exploitation – Working With Families	JE, Mrs Dent (JDE)
Connect 5 Mental Wellbeing	VS, JDE
Deliberate Self-Harm and Suicidal behaviour	VS, HG, JE
Depression	MRO, JDE
Domestic Violence	HG, JE
Early Help Assessment	HG, VS, MRo, PV, JDE
Eating Disorders	HG, JE
Emotional Development/Attachment	PV
Parental Substance Misuse	PV, JE
Post – 16 Counselling	HG
'Prevent'	JE
Psychosis	Mrs Long (SL), PV, HG
Risk Taking Behaviour –drug and alcohol awareness	HG, JE, JDE
Self- Harm	JE, MRo
Suicide	VS, PV, JE
Thrive Adolescent Practitioner	MRo
Transgender	HG, JE, JDE

Appendix 1 contains details of our staged response, Appendix 2 is a copy of our Friendship Questionnaire completed by all Year 8 students and Appendix 3 gives details of the 'in-house support' we have developed.

A Staged response to Mental Health and Wellbeing:

Preventative Targeting

- **Year 6 – Year 7** Summer School for students identified as needing Transition Support. Tailored transition provision for individual students on a needs basis.
- **Term 1:** students identified and agreed by the Pastoral and SEND Teams, but who failed to attend Summer School, receive Level 1 intervention as a specific 4 week LEAP provision
- **Term 1:** Year 7 and 8 students identified for BYFC interventions and a variety of mentoring options, such as Year 8 Buddying, Sixth Form Mentors and Peer mentoring.
- **Term 6:** identified students moving from Year 9 to Year 10 receive in-house support to include re-tracking, setting goals and wellbeing.
- **Term 6:** Year 11 to 12 Transition support for vulnerable students
- **Term 6:** Year 12 to 13 Transition support for targeted students

Universal Offer

- All students in Year 7-13 receive at least one session per term on Well Being/Positive Mental Health via Tutorial or PSHE or Assembly (Appendix 1)
- All Year 8 students complete the Friendship Questionnaire (Appendix 2)

Level 1 (In-house Support)

- 5-6 week intervention runs during Tutor Time by PV (Year 7), VS (Year 8 and 9), and ANO (Year 10 and 11) (Appendix 3)
- Thrive Action Plans - continued support for students arriving into Year 7 with an existing plan and new action plans created for students referred who may benefit from the intervention (Year 7-9) - MRo
- Solution Focus Practice (SFP) available via referral to students (Year 7-11) for 3 x 1:1 sessions, focusing on existing strengths to affect positive changes that students would like to work towards - PV
- Mediation, as needed, to encourage positive relationships and reparation of friendship issues –MRo, VS, PV
- Year 8 Friendship Project – a tailored package of support steered by the data from the friendship Questionnaire. Low level issues to receive support from VS, MRo. More complex issues to be referred toL2
- ALFA (A Little Friendly Advice) HUB. Offering Year 8's 1:1 advice on how they can manage their friendships positively or move away when needed
- Keeping Safe and Healthy Relationships – targeted students (Year 8 and 9) for 5 – 6 weeks
- Positive Relationships available to targeted students (Year 8 and 9) for 5-6 weeks. Group sessions of 10 students
- Moving on Up. Preparing to start Year 10. Available to targeted Year 9's for 5-6 weeks. Group sessions of 10 students
- Drink/Think Survey – as needed
- Friendship Formula run by SEND for most vulnerable special needs students
- 'Supportive Friends' Group (RSA)

- Year 12 and 13 Individualised Support Package, Transition support groups Year 11 to 12 becoming an independent student/positive mind-set and Year 12 to 13 post mock, pre external exam stress support, Wellbeing walk programme, Bath Youth For Christ sessions, Post 18 support 1:1's. (HG)
- Referral to Kooth.com
- Trained Student Peer Support:
  1to 1 Peer Mentors (Trained by Bath Youth For Christ),
  E-Safety Gurus (Trained by Avon & Somerset Police),
  Anti-Bullying Ambassadors (Trained by DIANA Award)

Level 2 (Referral to External Providers – Overseen by Pastoral Lead)

Examples:

- Friendship Project (BYFC)
- SHINE Project (BYFC)
- Life Academy (BYFC)
- Youth Connect
- Bath Area Play Project
- Education Welfare Service
- Off The Record
- Mentoring Plus
- The Egg
- Horse World
- Black Families
- Sari
- Art Therapy
- Bath City Farm
- Project 28
- Relate Counselling (Wednesday)
- Young Carers
- Compass
- Southside
- Willow
- BASE
- CRUSH

Level 3 (Overseen by Pastoral Lead)

Completion of Wellbeing Survey and Referral to School Nurse for students who are in need of further support as they are anxious, or may feel overwhelming sadness or could be self-harming.

Level 4 (Overseen by Pastoral Lead)

Referral to CAMHS for students who are experiencing Mental Health issues requiring specialist support or are showing no improvement following Levels 1 - 3

Appendix 2: Completed in Year 8

Friendship Questionnaire

This questionnaire is private and confidential. It will not be shared with any other student.

Name: **Tutor Group:**

Your friendships……

Please write down the first names of your friends based on when you see them during the day. (*You can write the same name in more than one circle. You can also leave a circle blank).*

2. Are you happy with your friendships? *Please tick*

Yes ☐ Kind of ☐ No ☐

3. At break and lunch time, would you prefer to be on your own, with one or two friends or part of a larger group? *Please circle your ideal situation*

On my own / one or two friends / larger group

4. If you think about **your** current friendships what would you change if you could?
Please tick as many boxes as you want…

1	I don't have any friends and I want to make some friends	
2	I don't have a best friend but I would like a best friend	
3	I fell out with a friend and I'd like to be friends again	
4	I would like someone to sit with at break/lunch time as I don't have anyone	
5	I would like some advice on how to make friends	
6	I don't want to hang round with someone I don't like (wish they'd go)	
7	I am being ignored/excluded so I want to be included	
8	I'd like to spend my time with one or two friends	
9	I'd like to have a lot of friends	
10	I'd like to be on my own rather than with other people	
11	I want someone to forgive me for saying/posting/doing something to them	
12	I have good friends and everything is fine	
13	I have someone to sit and work with in lessons	
14	Please use this space for your own comments about what you would change if you could…	

Appendix 3:

Details of our offer:

Level 1 Concern

This is managed by the Pastoral Team and is for students who:

- Are seeking regular contact with the office/staff
- Avoiding situations
- Lacking balance and perspective
- Are raised as concerns by staff/parents/peers
- Are 'struggling'

Year 7 – Feeling Positive

This is a 5 or 6 week intervention delivered to small groups in Tutor Time. Groups of 6-8 will focus on:

- Resilience
- Practical Tips

Year 8 - ALFA Hub (A Little Friendly Advice)

A fifteen minute 1:1 session, held three times a week, gives the students an opportunity, during lunch, to receive advice on how they can manage their friendships positively or move away when it is not positive.

- Resilience
- To identify positive relationships
- Effective communication
- Alleviate stress and anxieties
- Life skills

Year 8 and 9 - Positive Relationships

This is a 5-6 week intervention session. Delivered to targeted students with relationshipconcerns, allowing them to identify what makes a positive relationship. Focus on:

- Resilience
- To identify positive relationships
- Effective communication
- Alleviate stress and anxieties
- Life skills

Year 8 and 9 – Keeping Safe and Healthy Relationships

This is a 4 week intervention led by the Willow Project. Delivered to targeted students whoare vulnerable to exploitation or manipulation. Focus on:

- Keeping safe around others
- Self confidence
- Positive communication

Year 9 - Moving On Up

This is a 5-6 week intervention sessions. Delivered to targeted students to reflect on theirpast school years and to positively focus on their aspirations.

- Reflection
- Organisational skills
- Alleviate stress and anxiety
- Positive transition to Year 10
- Moving towards independence

Year 10 - Mindful Me

This is a 5 or 6 week intervention delivered to small groups in Tutor Time. Groups of 6 -8 will focus on:

- What is meant by stress and anxiety
- Reducing stress and anxiety
- Early careers advice opportunities
- Effective Communication
- Positivity and life coping skills

Year 10 - Managing Emotional Response

This is a 5 or 6 week intervention delivered to small groups in Tutor time (or PSHE).Groups of 3- 6 students will focus on:

- Managing their response to situations, this can include school or home relationships
- The factors behind poor responses/ relationships (including lack of sleep)
- Alternative responses and strategies

The result will be students will be more empowered to express their emotions in a positive way.

Year 10 - Carpe Diem

This is a 5 to 6 week intervention delivered to small groups in Tutor Time. Groups of 6 - 8 will focus on:

- Body image
- Assertiveness
- Communication
- Anger Management
- Self-esteem
- Self-confidence

Year 11 – The Priority Report

This is a 5 or 6 week intervention delivered to small groups in Tutor Time.Groups of 6-8 will focus on:

- Sleep hygiene
- Managing stress
- Relaxation Methods
- Getting organised
- Motivation and mindfulness
- Positivity and affirmations

Year 11 - Managing Emotional Response

This is a 5 or 6 week intervention delivered to small groups in Tutor Time (or PSHE).Groups of 3- 6 will focus on:

- Managing their response to situations, this can include school or home relationships
- The factors behind poor responses/relationships (including lack of sleep)
- Alternative responses and strategies
- The result will be students will be more empowered to express their emotions in a positive way

Year 11 – Carpe Diem

This is a 5 to 6 week intervention delivered to small groups in Tutor Time. Groups of 6- 8 will focus on:

- Body image
- Assertiveness
- Communication
- Anger Management
- Self- esteem
- Self-confidence

Advice for Supportive Friends

This is a support group for students who have friends that self–harm, have mental health issues or eating disorders. It is a supportive group where students are able to express how they feel and look atcoping strategies to deal with the issues that arise with having a friend who has these issues.

Year 12 and 13

Targeted support is offered by HG to individuals depending on need and situation. This can be tailored in length and purpose.

Group sessions are offered by HG to give strategies for coping with exams and with low self-esteem.