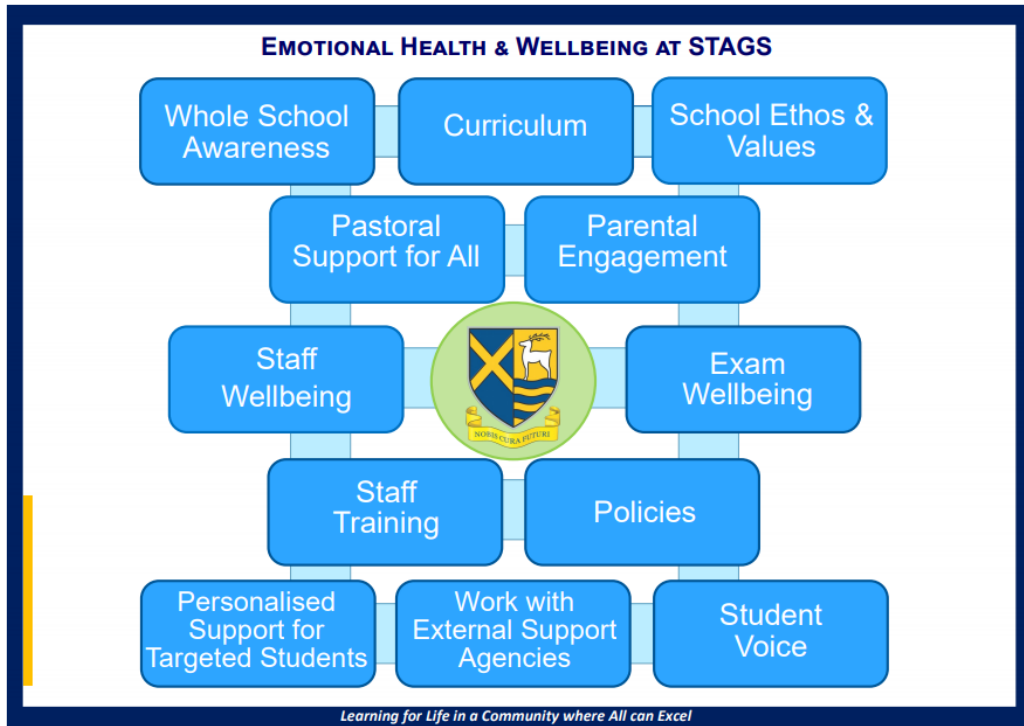




# St. Albans Girls' School

## Emotional Health and Wellbeing at STAGS – A Whole Community Approach



<b>What does it look like at STAGS?</b>	
High level Pastoral Support for all	<ul style="list-style-type: none"> <li>● Pastoral System that integrates learning and pastoral support to provide a holistic approach to our student's education – Heads of Key Stage, Directors of Learning and Form Tutors. Mental Health Lead (+ Deputy, Governor)</li> <li>● Student Support Officers (1:1 and group) and Student Wellbeing Advisor (1:1 support)</li> <li>● Focus on peer/ friendship issues - worry boxes, Student Support Office as safe space, exeat cards, restorative justice, circle of friends</li> <li>● Resources and strategies for students suffering with anxiety and self-harm issues</li> <li>● Peer and staff mentoring programme</li> <li>● Half termly Pastoral Support Meetings attended by pastoral, SEND/ EAL, leadership teams to share information/ideas for further support</li> </ul>
Parental Engagement	<ul style="list-style-type: none"> <li>● Signposting, 1:1 support and supporting documents for parents</li> <li>● Frequent parental contact for Parents of students who are struggling with wellbeing</li> <li>● 'Let's Talk' evening in Spring Term 2018 – student anxiety/ mental health and empowering parents/ Wellbeing Village Oct. 2018 – bringing together professionals and parents to share information/ workshops</li> <li>● Regular Parentcomms/ STAGSLINK articles to raise awareness of factors contributing to negative wellbeing and mental health with strategies to avoid and support</li> <li>● Parent Voice - focus on safeguarding and wellbeing</li> <li>● Parents/Carers Exam Wellbeing Evening - strategies and support</li> <li>● Online Safety Parents evening including Year 8/9 social Media Gurus</li> </ul>
Whole school awareness	<ul style="list-style-type: none"> <li>● Key documentation/ website promotes the importance of mental health and wellbeing e.g. SIP KAT's</li> <li>● Participation in Anti-bullying Week, Mental Health week, Various SEND awareness weeks e.g. Autism, Dyslexia - important to recognise SEND students vulnerability to poor mental health/ bullying, Get Fit Week</li> </ul>
Staff training	<ul style="list-style-type: none"> <li>● Key staff are well trained in all aspects of wellbeing and emotional health e.g. Mental Health</li> </ul>

	<p>First Aid, self-harm, anxiety, bereavement, Safetalk and Assist, Protective Behaviours</p> <ul style="list-style-type: none"> <li>● Pastoral Hub meetings every half term to share good practice and ensure joined up work with external agencies. Ensuring the schools have a full picture of the support available to young people</li> <li>● Wellbeing and mental health a key part of whole school CPD programme</li> </ul>
School ethos and values	<ul style="list-style-type: none"> <li>● School ethos promotes care for all members of the community.</li> <li>● Individual Year group values e.g. Year 8 SHINE</li> <li>● High expectations of behaviour/conduct mean students feel safe in class and around school contributing to positive wellbeing and security - Rewards and Consequences Ladders</li> </ul>
Policy development and review	<ul style="list-style-type: none"> <li>● School policies reflect importance of wellbeing and mental health e.g. Child protection, Anti-bullying, PSHCE</li> <li>● All such policies reviewed with input from Students, Staff and Governors</li> <li>● Attendance monitoring and early intervention to support vulnerable students and families</li> </ul>
Personalised support for individual students	<ul style="list-style-type: none"> <li>● 1:1 support from Student Wellbeing Advisor in school</li> <li>● Reduced and personalised timetables</li> <li>● Peer to Peer and staff mentoring programmes</li> <li>● Work with external agencies to provide alternative support – CAMHS, YC Hertfordshire, LINKS outreach</li> <li>● SEND support for those with learning and emotional needs impacting on learning</li> <li>● Self-esteem courses at KS3, Rainbows Bereavement Group, Gardening Club, Guinea Pig Club</li> <li>● Exam wellbeing courses at KS4</li> <li>● Transition support for all and additional support for vulnerable students e.g. transition day/ Evening, 1:1 visits, Parents workshops, Student Picnic, summer school</li> </ul>
Staff Wellbeing	<ul style="list-style-type: none"> <li>● Workload monitoring and guidance</li> <li>● Access to Wellbeing Team for staff</li> <li>● Workload Working Party and Staff Voice</li> <li>● Social events</li> <li>● Staff mentoring and buddy system</li> </ul>
Targeted work with external agencies	<ul style="list-style-type: none"> <li>● St Albans Plus Partnership – Families First Assessments</li> <li>● Identifying and engaging vulnerable young people in challenging circumstances e.g. YC Herts – preventative programme of workshops with vulnerable students and Parents, Young carers</li> <li>● CAMHS, HYH, TYS, CSC, LINKS Outreach, Talk, Kooth.com, School Nurse, EP, SEND</li> </ul>
Student Leadership/ voice	<ul style="list-style-type: none"> <li>● Student Voice meets regularly to discuss concerns and worries of students - involvement in reviewing policies, Safe School map, Wellbeing survey</li> <li>● Wide range of leadership opportunities from Years 7-13 to build self-esteem and social skills, Harmony Club</li> <li>● House System promotes friendships and care across year groups e.g. Spring House Cup, Sports/House Challenge</li> <li>● Learner Voice gives students a chance to discuss any areas of their learning</li> <li>● Target setting programme and student profile for SEND students</li> </ul>
Curriculum development /monitoring	<ul style="list-style-type: none"> <li>● Carefully tailored PSHCE curriculum Years 7-11 and PSHCE policy to embed mental health education – Penn Resilience programme – specific units on mental health with high quality resources</li> <li>● Survey on wellbeing to identify students at risk and intervention needed. SDQ screening and impact measuring.</li> <li>● Progression Programme Year 12 - mental health lessons</li> <li>● Audit of depts. contribution to the teaching of mental health and support for students</li> <li>● Audit of contribution to SMSC agenda across all departments</li> <li>● Learning Walks by middle and senior leadership to identify positive learning environment</li> </ul>