

Mental Health and Emotional Wellbeing Provision

Specialist Mental Health Support

Assessment of presenting mood and mental health (LN)

One to One sessions to support students improved understanding and ability to manage difficult emotions e.g. anxiety or anger management

One to One Cognitive Behaviour Therapy

One to One Counselling

Targeted Wellbeing Intervention

KS3 Nurture Groups, TEAM Sessions, 360 intervention, one to one mentoring, mindfulness and meditation sessions, Yoga, exam stress sessions, early identification of mental health or wellbeing concerns, identifying risk concerns, staff mentoring, referral to GP and School Nurse, personalised timetables, early help, safeguarding, exam exemptions, Lambda (drama)

Our Learning Support Team provide daily SEAL withdrawals and Social Skills groups, PHSE classes, friendship and social skills groups, safe spaces, playground buddies, self-esteem interventions, E safety, in class support, anger management, Senco network attendance, Breakfast, break and lunch club, ASD – Lego therapy, drama for social skills, stories, homework club.

Whole School Strategies

PHSE through Opening Minds and assemblies.

Pure Group (Year 7).

Non-competitive after school swimming and football sessions.

Internet safety

Information around self-help and relaxation e.g. Mindshift app, Calm

Mental health introductory training session for teachers

Head of Year support: One-to ones, Parent meetings, rewards/reward sessions.

“Hive Switch” supporting resilience and grit through responsibility and accountability.

Wellbeing week in the sixth form

Sixth Form Mental Health and Wellbeing Team

We work collaboratively with CAMHS, School Nursing Team, Early Intervention Service, Behaviour Support, Targeted Youth, 360, Bolton Lads and Girls Club, Exit, Runners, Assessment and Referral Team, Family Support Services, Youth Challenge, Park School, Think Positive, Junction 17 and Children and Families Services.