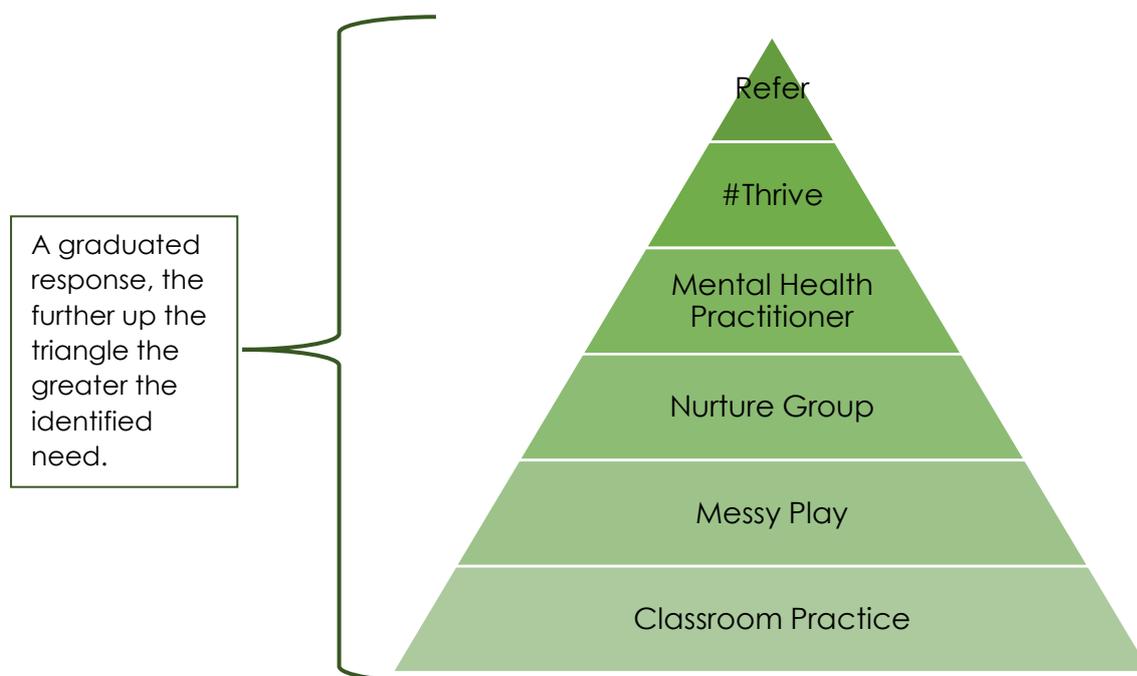


Deeplish Approach to Mental Health & Wellbeing



Mental health is an important aspect of maintaining a healthy lifestyle. We use a range of strategies in order to support the children's development and also their ability to maintain good mental health.

The below triangle illustrates the strategies employed in school to ensure good mental health for all pupils.



Refer

When a child is deemed to need more support than the Academy can offer the Pastoral Team will refer the child on to any appropriate agency e.g. Healthy Young Minds etc.

#Thrive

The Pastoral Team has close links with the team at #Thrive and when appropriate will liaise with the service to have a child assessed and where appropriate a unit of work will be carried out by a #Thrive worker.

Mental Health Practitioner

We are part of the Greater Manchester Healthy Schools Programme. As part of this we have a mental health practitioner working in school for one day per week. She works with children and parents on a one to one basis for a 45 minute session per week tackling specific social, emotional issues that children face.

Nurture Group

The Pastoral Team provide a series of interventions for children to develop their confidence and ability to form friendships. For example we take small groups of children to local allotments and a farm to develop their independence through looking after plants and animals.

Messy Play

We have three members of staff who are trained to lead messy play sessions. Staff will feed in concerns to the Pastoral Team who will then run a ten week unit of work (one hour session per week) for children who have seen / experienced issues such as domestic violence or might be withdrawn in their peer group.

Classroom Practice

In order to give children the resilience and skills to cope with difficulties and adversity we teach a variety of metacognition / growth mindset strategies from Early Years to Year 6.

We also have a comprehensive PHSE and RSE curriculum alongside the main curriculum that is designed to give children a wide range of experiences in order to create a well-rounded individual.

Ensuring there is a strong link between having a healthy mind and a healthy body, school provides several opportunities for physical exercise, such as; having one PE session dedicated to fitness, if a child does not have a PE lesson that day then they will take part in the 1k a day.

Staff Wellbeing

We place great emphasis on staff wellbeing. The better staff wellbeing is, the more productive people are.

Three Teacher Model

The school is structured with each year group having a number of highly qualified staff members. This enables the staff members in each year groups to share out the workload between at least three members of staff, thus reducing workload. The other benefit to staff wellbeing is that the size of teaching groups is frequently around twenty children, thus giving teachers / HLTAs more time to spend with each child and more time to support, mark and build relationships with the children.

Coaching

In order to support people several members of staff have been trained in the '3 Circle' coaching model. All staff are able to access a coaching session with a qualified staff coach of their choice. As well as formal coaching, all teaching staff have been trained in 'Corridor Coaching' techniques. This is to enable staff development and support; a staff member can discuss something with a colleague and through the conversation come to a solution without being told what to do.

If necessary staff members can access an external coach if necessary.

Leadership Development

All middle and senior leaders work through a series of training opportunities, such as how to have an assertive conversation, in order to support them and give them the skills to be a leader.

Training

Where possible training and development opportunities are provided which are; targeted to need, led by a specialist and carried out in an enjoyable and relaxed atmosphere.

Questionnaires

At least twice per year staff will receive a questionnaire about various aspects of school / work life. The responses from this are discussed by Governors and the SLT and actions are drawn up to address any issues.

Aside from these there are also a series of offers and events that can be accessed by staff through being an employee of Focus-Trust.

Mental Health First Aider

Several members of staff are trained as mental health first aiders.

Feedback Policy

Our policy is to ensure that feedback has the most impact and is manageable for the teaching staff. To ensure that this is the case marking and feedback is mainly done in the moment, i.e. in the classroom, with the child, during the lesson.