

# Mental Health and Wellbeing Provision

## Intent, Implementation and Impact



Intent	Implementation	Impact
<p>At Montem Academy, promoting positive mental health and wellbeing means:</p> <ul style="list-style-type: none"> <li>• The child stays at the centre of every conversation.</li> <li>• Children feel happy, safe and valued at school and beyond.</li> <li>• We promote positive mental health for everyone within our school community.</li> <li>• We embed social, emotional and mental health awareness across the curriculum.</li> <li>• Children and young people are taught skills to build resilience, manage everyday stressors and seek help for themselves or others if needed.</li> <li>• Staff wellbeing, resilience and mental health is a key focus.</li> <li>• We provide an accessible learning environment which is tailored to the individual needs of all pupils.</li> <li>• We provide good quality and relevant training for all staff members supporting children with their mental health, behaviour and wellbeing.</li> <li>• We work in partnership with parents and carers.</li> <li>• We work closely with external agencies and other professionals to ensure the best support for pupils.</li> <li>• We ensure that staff, students and parents are aware of sources of support within school and in the local community.</li> </ul>	<p><u>Provision for all pupils:</u></p> <ul style="list-style-type: none"> <li>• Children respected and their contributions are valued and acknowledged.</li> <li>• Children are provided with the skills, knowledge and understanding needed to keep themselves and others physically and mentally healthy and safe as part of our developmental PSHE curriculum.</li> <li>• Children participate in Jigsaw PSHE and R-time lessons in order to teach about mental health and are taught about mental health and emotional wellbeing issues in a safe and sensitive and helpful manner.</li> <li>• Children have regular assemblies on resilience and wellbeing.</li> </ul> <p><u>Provision for some pupils, as needed:</u></p> <ul style="list-style-type: none"> <li>• Specific 1:1 or small group interventions to support their wellbeing and social and emotional skills, e.g. social skills groups, art sessions, yoga, ELSA or Lego Therapy, from our highly trained inclusion team.</li> <li>• Additional support from our Child and Family Support workers or Learning Mentor.</li> <li>• Support from external agencies such as an Educational Psychologist, SEBDOS (Behavioural Outreach Team), CAMHS or the Mental Health Support Team to develop specific targets/programmes tailored to the child's individual needs.</li> </ul> <p><u>Provision for staff:</u></p> <ul style="list-style-type: none"> <li>• Regular, high quality training about how to support children with their mental health and how to take care of their own mental health. Regular, in-depth safeguarding training to ensure staff know how to keep children safe.</li> <li>• A trained team of staff mental health first aiders who are available to speak to confidentially.</li> <li>• Staff wellbeing initiatives and a culture of respect, courtesy and empathy.</li> </ul> <p><u>Provision for parents and carers:</u></p> <ul style="list-style-type: none"> <li>• Weekly coffee mornings run by our child and family support workers, who are also trained mental health first aiders.</li> <li>• Strong relationships between staff and external agencies so staff can help secure additional support.</li> <li>• Additional opportunities for parents/carers to be involved in the life of the school, e.g. pottery workshops.</li> <li>• Fortnightly wellbeing newsletter sent to all families including sources of support within the school and local community.</li> </ul>	<p>As a result:</p> <ul style="list-style-type: none"> <li>• Children at Montem Academy feel happy, safe and respected.</li> <li>• Behaviour at Montem Academy is exemplary and diversity is celebrated.</li> <li>• Children demonstrate high levels of self-esteem and show more confidence, developing their speaking, listening and social skills.</li> <li>• Children make good progress at Montem from their starting points due to positive wellbeing and support available.</li> <li>• Progress is made by children who receive individualised wellbeing support.</li> <li>• On leaving Montem Academy, children have developed good resilience, knowledge of mental health and the confidence to seek help, as needed, for themselves or others.</li> </ul>