






Mental Health and Wellbeing Summary



<u>PARENTS/CARERS</u>	<u>PUPILS</u>	<u>STAFF</u>
		
<u>What to look out for!</u>	<u>What to look out for!</u>	<u>What to look out for!</u>
<ul style="list-style-type: none"> • Information and supports for common mental health issues on the school website, blog or App. • Updates from topics studied in PSE. • Questionnaires to gather views. • Health and Wellbeing events at RBA or within the Authority. 	<ul style="list-style-type: none"> • Opportunities to join our Wellbeing Champions programme and attend training. • Group support through Mindfulness, Seasons for Growth, Nurture, • Questionnaires to gather views. • Key dates highlighted around the school promoting positive mental health, e.g. Stress awareness days, Anti- Bullying Week, Suicide Prevention Week. 	<ul style="list-style-type: none"> • Information to be displayed in staff work hubs. • Wellbeing Champion training available. • Health Checks throughout the year. • Activities on offer from the Staff Wellbeing group. • Questionnaires to gather views. • Staff interest groups set up. • Extended intervals 1x a month.
<u>Where?</u>	<u>Where?</u>	<u>Where?</u>
<ul style="list-style-type: none"> • Speak to Guidance staff or one of our Deputy Head Teachers. • Parent's evenings. • Browse through our 'Promoting Positive Mental Health and Wellbeing' Blog for links to online supports. • School Partners- Exchange Counselling Service, School Nursing Service, Third Sector such as charities, for example Bernardo's, YIPWorld, Vibrant Communities. 	<ul style="list-style-type: none"> • Guidance Teacher and classroom teachers for check in's. • PSE, PLP and Assemblies. • Extra-curricular groups such as Football, Dancing etc. • Get involved with pupil groups, LGBTQ+, Eco Schools, Equality Group. • 'Promoting Positive Mental Health and Wellbeing' Blog for links to online supports. • Exchange Counselling Service, School Nursing Service, Third Sector such as charities, for example Bernardo's, YIPWorld, Vibrant Communities. 	<ul style="list-style-type: none"> • Information displayed around the school. • Department meetings to bring up any issues to avoid escalation. • CHIP VAN to carry out health checks for staff. • Online supports via the glow blog and links to supports within the authority. • CLPL events carried out by the authority and links to free short courses to build knowledge on the EA HWB tile on GLOW.
<p>Please remember to check in with your GP if you or someone you know is struggling with their mental health and wellbeing. You are not alone.</p>		

