

WELLBEING

Newsletter mental health

INTRODUCTION

Welcome to this terms Wellbeing Newsletter! Ordinarily, the termly newsletter focusses on a specific wellbeing concern with signposting and support so that you're able to support your young people. As we enter a new year, now feels like a great opportunity to introduce what we are already doing as a school to support young people's mental health and wellbeing.

Kayleigh Breward is the Designated Senior Mental Health Lead in school (Kayleigh.breward@swracademy.org). Please email with any comments you have about what we do, or could do. We are always striving to be the best we possibly can.

WHAT'S NEW...

We are currently working towards the Carnegie School Mental Health Award and will also be working alongside the Mental Health Support Teams (MHST) within Lincolnshire.

Over the next couple of terms, we will be looking at introducing Wellbeing Champions in school, for students with a keen interest in driving forward our mental health and wellbeing strategy.

SWRA are now a research school for the Brain Waves Project which is run by the University of Oxford. Year 12 students are learning, as part of their PSHE, practical strategies for managing mental health and wellbeing.

To support wellbeing at SWRA, we:

- We have two Counsellors that come into school who students can access. Please speak with your child's Base Tutor or Head of Year if you would like to explore this.
- Mrs Coomer runs ELSA sessions on Mondays and Tuesdays. This focusses on emotional wellbeing strategies which pupils can use in every day life to support low mood, anxiety, worries, confidence etc.
- Have a wonderful Pastoral team from our Safeguarding Leads through to our Mental Health Lead, Heads of Year and Base Tutors.
- Conduct regular assemblies focussed on mental health and wellbeing.
- Provide base time activities where pupils can explore a range of activities to support their wellbeing.



- All students have the opportunity to learn about mental health within our broad PSHE curriculum.
- Have strong links with external services that provide mental health support and resources for young people.
- Termly newsletters focussing on a range of wellbeing concerns, offering support and signposting for parents to support young people.
- Offer lunch time clubs and quiet spaces for those that need it e.g. mindfulness colouring for just Year 7, craft club, sports clubs, LGBTQ+ space.
- Offer a wide range of resources/activities to support wellbeing in school that students can bring home.

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- Signposting display boards around school with information for support services.
- We have conducted Healthy Minds Workshops in school for specific groups of people, looking at self-esteem.
- Whole school surveys to identify any trends in wellbeing concerns, this is where we were able to target groups of students with self esteem workshops.
- The Happy News and mindfulness colouring books to support pupils during quiet time.
- Year 7 & 8 Wellbeing Walks in the summer term around the surrounding villages.
- Parent and staff workshops and training to raise awareness of mental health.
- Keep safe plans and support packs for parents/carers regarding self harm and suicidal thoughts.

USEFUL LINKS:

[Online Workshops :: Lincolnshire Young Minds \(lft.nhs.uk\)](https://www.lifft.nhs.uk/)

[YoungMinds | Mental Health Charity For Children And Young People | YoungMinds](https://www.youngminds.org.uk/)

[Home - Kooth](https://www.kooth.com/)

[Parents and Carers Mental Health Resources Library \(charliewaller.org\)](https://www.charliewaller.org/)

[Think2Speak | LGBTQ Youth Inclusion Specialists](https://www.think2speak.org.uk/)

[APPS | CAMHS Resources \(camhs-resources.co.uk\)](https://www.camhs-resources.co.uk/)

[Useful contacts - 11-18 year old's mental health - Mind](https://www.mind.org.uk/)

[Homepage - CASY](https://www.casymind.org.uk/)

[Get Support - The Mix](https://www.themix.org.uk/)

