



WYMONDHAM HIGH ACADEMY

Principal: Mr Jonathan Rockey
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POLICY STATEMENT WELLBEING OFFER

Wymondham High Academy believes in promoting positive mental health and wellbeing in order to support the emotional development and resilience of our young people. Prioritising the wellbeing of students and staff enables outstanding teaching and learning to take place, ensuring that school is a community where everyone feels able to thrive.

Within the Inclusion Team at Wymondham High we have two full-time Wellbeing Support Officer working to support the emotional wellbeing needs of our pupils.

All students within both the high school and 6th Form will have access to this provision at any stage of their school journey. The Wellbeing team will endeavour to provide the appropriate support to our pupils whilst also equipping them with the necessary strategies to improve their own emotional wellbeing.

The Wellbeing Centre sits at the heart of the school with specialist facilities and well-qualified staff. In 2017 the Centre opened its doors to the children in our school community and has, since its opening, supported in excess of 600 children to develop resilience and support their own wellbeing. Whilst there is rarely a magic wand, Mrs Joseph and Mrs Watker work alongside children and families to build confidence and address mental distress and illness whilst ensuring that pupils can still achieve the very best academic outcomes.

1:1 WELLBEING SUPPORT PROVISION

The Wellbeing Support Officers offer 1:1 wellbeing session during the school day. Every student will have access to wellbeing support for a six-week period with a 45-minute session per week. These sessions can be arranged via self-referral, parental request or initiated by a cause for concern from a member of staff. The sessions are provided to help support young people on a variety of wellbeing concerns including anxiety, low self-esteem and emotional regulation.

Whilst offering confidentiality during these support sessions we do make our students aware that if any of the information shared raises safeguarding concerns that we will follow the school's safeguarding protocols to ensure that our young people are protected.

GROUP WELLBEING SESSIONS

The Wellbeing staff will be running group wellbeing sessions (up to 12 students) to take place during breaks and lunchtimes. A timetable of these sessions will be made available to students during form time with information about how to book onto them.

These sessions will be split into year groups and will be run on a weekly basis for one half term.

Every day these groups will focus on a different variety of Wellbeing topics, in order to support all our student's needs, e.g. a Year 7 social skills group and a year 8 self-esteem group on a Tuesday.

There will be ample choice of focussed sessions throughout the academic year and students will not be limited to the number of groups they sign up for.

WELLBEING INTERVENTION WORKSHOPS

The Wellbeing Team will carry out half termly Intervention Workshops. These workshops will be based on recommendation from other staff members, parents or the wellbeing team themselves.

The workshop programmes were devised and are supported by an Assistant Educational Psychologist working with the Children's Education and Psychology Practice (CEPP).

These interventions are intended for students requiring support around areas such as anger management, managing emotions, anxiety and low self-esteem. They comprise of small groups of no more than six children and are held for six one-hour sessions over the course of one half-term. These groups are available to all students across all year groups.

There is an opportunity to measure the impact that these sessions have had for our pupils and share the outcomes with our students and their families.

SIGNPOSTING

There are many outside agencies that offer support to young people and their families covering a whole range of needs. The Wellbeing Team are happy to support and provide any information required and in certain circumstance will be able to make referrals on the family's behalf.

For e.g. Nelson's journey - a bereavement charity for families suffering following a loss.

Referrals to mental health agencies such as CAMHS [Child and Adolescent Mental Health Service]

If you require any support please contact the wellbeing team on: wellbeing@wh-at.net

SUPPORT FOR STUDENTS TO STAY IN FULL TIME EDUCATION

At times of extreme mental health difficulties students may find it challenging to keep attending school. Here at Wymondham High we will endeavour to work with the young person and their family to try and support them to remain in school.

We will offer a reduced timetable for a period of six weeks, where a contract will be agreed and signed by the pupil, their family and the Wellbeing team to devise a plan of reintegration. During the six weeks the young person will have access to the Wellbeing Classroom where they will work on specific pieces of work from their teachers. There will also be 1:1 Wellbeing sessions carried out to try and provide strategies to be used to access a full timetable.

In order to access this provision, we require medical evidence from either a GP or a specialist body stating that this would benefit the young person.

On completion of the six week contract we would expect that the pupil would be able to resume their full timetable but if this proves not be the case, a review would be held at that time and options for off-site education would be discussed.

WHAT ISN'T THE WELLBEING CENTRE?

To enable us to offer specific support around mental wellbeing, we offer very specific support. Whilst it can sometimes be enough to provide a temporary safe space, this is not an answer to an underlying problem. We need to ensure that the environment is calm and therefore large groups cannot be accommodated, unless these are through pre-planned activities. If, in the opinion of the Wellbeing Team, a pupil or group of pupils has/have made substantial progress they will be safe and welcomed back into the wider school community, enabling the facilities to be used for pupils who require more support. It is important that the children do not become reliant on the Wellbeing Team – this reduces the effectiveness of the relationship. If this is identified, we will ensure appropriate systems are in place to act. The aim of the team is strengthening the resilience of the children, and therefore the young people must be able to interact with responsible adults outside the Wellbeing Team.

WELLBEING PROTOCOLS AT WYMONDHAM HIGH ACADEMY

WELLBEING CENTRE SUPPORT

- Students can request a 1:1 appointment via email or by completing an appointment request card outside the wellbeing centre
- Student will be able to access 1:1 session for a period of six weeks- in this time they will be able to gain support and acquire strategies to help them with their emotional wellbeing.
- Students will be required to sign into and out of Wellbeing, outlining reason for attending
- Students will be able to join breaktime and lunchtime Wellbeing Sessions by signing up for them on a half termly basis. These sessions will be purposeful and give students the opportunity to meet other students and work on targeted areas of wellbeing
- Students will be invited to Wellbeing Interventions during the academic year- and whilst not compulsory they would be encouraged to join. These interventions will be for an hour and run for six-week blocks
- Students will be given the opportunity to complete online wellbeing questionnaires so that Wymondham High can ensure that we are supporting our students and going the extra mile to listen to their needs.
- Students that need a short period of time out of lesson will be welcome to use one of the Wellbeing booths for a period of 15 minutes- where they will be directed to a useful website to support their need. After 15 minutes if they are unable to return to lesson a parent/carer will be contacted to collect them
- Students cannot spend an extended period out of lessons to “sit” in the wellbeing room. An extended period is anything longer than 15 minutes. Pupils can however book a 1:1 appointment for a wellbeing session [a maximum of one per week for a maximum of 6 weeks]

SUPPORTING REDUCED TIMETABLES

- Students who have emerging mental health problems and are experiencing difficulties accessing all their lessons, will be eligible for support through a reduced temporary six-week onsite timetable
- The opportunity to reduce a timetable must not limit the potential academic achievement of a pupil and therefore subject work will be undertaken during the periods spent out of lessons. It is never possible to “drop” subjects. This is not part of our structure

- Criteria for this offer will be subject to medical evidence from either a GP and/or other professional (i.e. CAMHS). No reduced timetable will be considered without such evidence. When requesting evidence, a GP or CAMHS should be made aware that the provision is time limited and cannot be extended
- Student, Parents and Wellbeing Staff will sign a detailed contract outlining the objectives and actions that will need to take place
- Whilst students are not in their lessons, they will have access to the “Wellbeing Classroom” where they will complete work set by their subject teacher.
- During the six-week intervention students will receive 1:1 wellbeing session to provide strategies and help to remove barriers to enable their return to full time lessons.
- After three weeks there will be a review meeting to reflect on the progress being made by the young person and whether the objectives outlined are being met.
- On completion of the six-week contract if the pupil has been unable to return to a full timetable then the school will advise the pupil and their families of alternative provision

Confirmed by the **Governing Body of Wymondham High Academy**

Signature of Chair:..... Date: 31/01/2021
Chair of Governors

Review Date: 31/01/2022