



East Leake Academy

Our journey in supporting students emotional, mental health and wellbeing.



Why?



- Prevalent rate of suicide in the local community.
- Increasing number of students with SEMH barriers to learning.
- Caring leadership team.
- Forward thinking and proactive pastoral team.
- Excellent links and working relationship with external agencies.

Vision



- Reduce the risk and prevalence of SEMH within our community.
- Expert ongoing training and support for pastoral leaders.
- Fast tracking referrals to services.
- Improved support for parents and students at risk.
- Achieve greater whole school resilience.
- To be a centre of best practice for pastoral care.

Shaping the future



- Careful planning to achieve whole school approach and impact.
- Professional and expert advice: CAMHS, clinical psychologists, SENCo, pastoral leaders, school counsellor, local authority and school health services.
- Best practice and research.
- Dedicated time to create vision and strategy.
- Student and parent voice.
- Governor support.

What did we create?



- Weekly training and support for pastoral leaders – inclusion team meeting.
- Vertical tutor groups and house system including co-tutors, maximum 22 students.
- Full time in house student counsellor.
- Clinical psychology service support – upskilling key leaders.
- ARNA specialist – training and raising profile.
- Behaviour support – dedicated team.
- Restructure of inclusion area.

Developing the student support role



- The academy employs an in-house counsellor to enable students to access early support.
- The student support services offers one to one counselling support and a ad-hoc drop-in service.
- The student support specialist offers a range of interventions and strategies for students.
- Students are able to self-refer for support.
- Heads of House are able to refer students for support.

Wider curriculum development



- Broader curriculum offer with dedicated PSHE to support student wellbeing.

KS3:

- Who am I?
- Responsibilities
- Emotional Literacy
- Healthy lifestyles
- Bullying
- Social Media
- Wider World
- Managing Conflict
- Relationships

KS4

- Self-Esteem
- Stress and resilience
- Personal Finances
- Alcohol and Drugs
- Abusive Relationships
- C.V. and Interview
- Careers
- Mental Health
- Gender and Sexuality

Developing wider equality support



- Developed a pastoral framework for **Young Carers**.
- Young carers lead in school who has attended additional training to achieve Young Carers Champion status with Nottinghamshire Young Carers Association.
- Impact: Identification, support and signposting.

Developing wider equality support



- Significantly raised the profile of LGBTQ+ to address higher risk factors of bullying and self harm within school.
- Member of staff who is a Stonewall School Champion to support our young people.
- Attended training on creating a trans inclusive school.
- Working towards our Bronze Stonewall School Award.
- Attending this years Young People's Conference with Stonewall.
- Group of LGBTQ+ ambassadors who present assemblies on homophobia, biphobia and transphobia.
- Annual PRIDE celebration whereby we promote acceptance and self-expression.
- Discuss the increased mental health impact for people in the LGBTQ+ community.

Academic resilience approach



- Currently working with Young Minds as part of the national academic resilience approach programme research project.
- Received training as part of the package from Young Minds on the Academic Resilience Approach, Self-Harm and Trauma and Engaging Hard to Reach Families.
- Resource pack we can provide to parents/carers.
- Access to Young Minds resources which make great tutor group activities.
- Built a great network with the other 15 schools.

Mental Health First Aid



- Completed the internationally recognised Mental Health First Aid one day course.
- This course looked at what is mental ill health, stigma and discrimination and action planning.
- Information provided about:
 - Depression
 - Psychosis
 - Anxiety
 - Resilience
 - Eating Disorders
 - Self-Harm
 - Suicide
 - Recovery

A few other things! 😊



- Tackling emerging threats to children (TETC Team) including student music projects etc.
- Positive Futures: engaging with team on various 8-10 week projects around various topics (anger, conflict, relationships and self esteem).
- Staff Wellbeing: dedicated champion and initiatives.

Impact and recognition?



- Improved attendance and reduced behaviour incidents.
- Reduction in SEMH barriers to learning.
- Faster referral and diagnosis of underlying developmental issues.
- More positive parent and student voice.
- More confident and skilful staff.
- Greater whole school profile of SEMH.
- BBC TV documentary appearance.
- Ofsted.
- Department for education research project: Supporting Mental Health in Schools and Colleges May 2018
- Happier and more confident students.

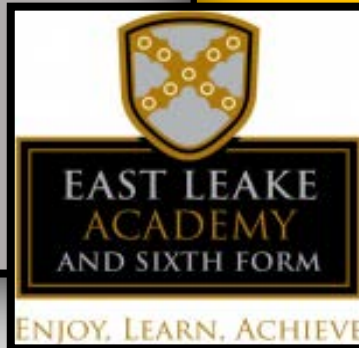
Next steps?



- Improved inclusion offer and resourcing for most vulnerable students.
- Whole school behaviour policy to further improve feeling of safety and security (safe, respectful, responsible).
- Pastoral system curriculum based around culture of kindness.
- Greater enrichment offer for all students.

Teamwork

Commitment



ELA core values
and qualities



Growth

Respect