

Ousedale School Well Being Strategic Plan 2017-2020

Our aims

- To create a shared vision and understanding about the approach to supporting mental health
- Promote positive mental health and wellbeing amongst students
- Build upon the already established school culture to make sure all feel welcomed and safe within school
- To ensure a robust and well trained team to meet specific needs of students/ to create a strong and distinct team with clear roles and responsibilities
- To provide students with the opportunity to seek help if needed and know where to find it
- To build trust and work effectively with the students

Mission

Four pillars of success:

Students: Are healthy and show a positive wellbeing that will help them progress in both attendance and achievement

Staff: Are aware and motivated to make changes. They promote the positive culture and build trust to effectively work with students

Parents/ Carers: Are involved and understand that Ousedale School are there for their children and can meet their wellbeing needs in a safe, nurturing and fulfilling environment.

Community: Use of external speakers, counsellors and therapists to improve the quality of mental health provision at Ousedale. This will improve the wellbeing of the students and gives them the resilience to move on from Ousedale strong, resilient and able to adapt to change.

The strategy

Objectives

A. Students

Enhance school culture by creating a positive attitude towards mental health. This is to be done in a variety of ways:

- Notice boards used as signposts to ensure students know where they can get help. These displays of information will have strategies, contacts and useful information for them to help maintain a positive wellbeing. Smaller versions will also be placed in tutor rooms tailored for the different key stages.
- 6th form wellbeing team used to help KS3 and KS4 students build resilience. It is a platform where students can have their voices heard and can seek and gain advice from older students. This will help to create a positive culture enabling progression. We aim to increase the reach of this programme and the number of students who can benefit from it.
- Improving the wellbeing culture around school: use of TVs to promote positive messages (these will change on a weekly basis).
- PSHE promotes positive well-being as well as assemblies to help students manage their own mentality and show them the how they can help themselves and how to keep themselves happy.

B. Staffing

Support and training offered to staff members to help them have a clear direction in their roles as teachers and form tutors. This way they can have a maximum impact on the students they come into contact with, creating a warm and nurturing environment.

Different training opportunities offered such as Ignite sessions and Mental Health First Aid Training conducted by outside agencies.

The school is currently working on achieving the 'Carnegie Centre of Excellence for Mental Health in Schools' award to show that wellbeing is at the heart of our provision.

Developing and supporting staff wellbeing through various opportunities such as the use of the wellbeing suite, yoga classes or counselling if required.

C. Wider Community

Engage with different external agencies, especially local agencies such as YIS, Compass, Brook, Animo and other mental health organisations to ensure students can develop through the schools provision of effective care- continual exploration of other external resources will be evaluated.

D. Structure

Students identified by PALS can be put on different programmes depending on their needs:

- The Animo Programme is there to help students talk about their issues and use art as a form of therapy. PALS refer students who they feel will benefit most from this.
- YIS will be there as a counselling service for those students who need a more directed intervention- referred onto the programme via the PALS
- Brook/ compass for specific issues.
- Open room: A relaxation area to be monitored and supervised by the 6th form wellbeing team.
- Established protocol- reason/referral to any of these services are standardised
- Assemblies on positive mental health: Mental health and positive wellbeing assemblies to be promoted through PSHE time. SBB/ FS to work with external organisations such as Young Mind/ Samaritans as part of the programme etc.