



PARKSIDE COMMUNITY SCHOOL

MENTAL HEALTH AND WELLBEING STRATEGY

MENTALLY HEALTHY SCHOOL

Parkside Community School implements a whole-school approach to mental health and wellbeing. We aim to create a positive ethos and culture where everyone feels they belong. It involves working with families and making sure that the whole school community is welcoming, inclusive and respectful. It means maximising children and young peoples learning through promoting good mental health and wellbeing across the school – through the curriculum, staff-pupil relationships, leadership, support for pupils and a commitment from everybody.

CURRICULUM

Parkside Community School delivers Relationships, Health and Sex Education, (RSHE) through our Personal Development Curriculum. RHSE is split into two sections: **physical health and mental wellbeing** and **relationships**.

Physical Mental Health and Wellbeing covers mental wellbeing, which teaches pupils about the importance of mental health, how to talk about their feelings and where to seek help.

Relationships teaches pupils about how to form positive, healthy and safe family, friendship, romantic, work place and online relationships.

STAFF-PUPIL RELATIONSHIPS

Staff are committed to helping all pupils develop the essential social and emotional skills they need to cope effectively with setbacks and remain mentally healthy. Staff understand there are many risk factors that may challenge and undermine pupils mental health and what they can do to reduce risks. Risk factors include:

Life risk factors including body image, coronavirus, drugs and alcohol, internet and social media, puberty and sleep.

School-based risk factors including absenteeism, exam stress, bullying, leaving school, peer pressure, relationships and belonging and school exclusion.

Vulnerable Children risk factors including autistic Spectrum, criminal exploitation, additional needs, disability and illness, discrimination, gender diversity, LGBTQI+, Looked-after, refugee and asylum seeker children.

Home-based risk factors including child abuse and neglect, home environment, poor parental mental health, parental substance misuse, poverty and unemployment.

LEADERSHIP SUPPORT FOR PUPILS

Governing Body Mental Health Lead

Headteacher

Mental Health Lead (Senior Leadership Team)

Parkside Parliament Lead

CAMHS Specialist Community Advisors (SCAs)





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SUPPORT FOR PUPILS—WAVED INTERVENTION SUMMARY

Wave 1—Whole School Approach

- Safeguarding, mental health and suicide policies for staff and pupils
- Safeguarding procedures and protocol
- High quality PSHE & SMSC curriculum
- Parkside Parliament action plan item
- Signposting to mental health support
- Whole staff CPD
- Parent information and guidance
- Year 11 mentoring

Wave 2—Targeted Support for Individuals or Small Groups

- SIMS and MyConcern Mental Health Tracker
- School Pastors
- Anxiety, Depression, Anger and Stress Gremlin Programme.
- Exam Stress Management Workshops
- Parkside Support Centre mentoring
- Parent Support Packages

Wave 3—Specialist Individual Support

- Educational Psychologist
- Behaviour Support Service
- School Nurse Service
- Counselling Service
- Child and Adolescent Mental Health Service (CAMHS) Referrals
- Partial Timetable
- Risk Assessments
- Offsite Provision
- First Steps
- Winston's Wish
- Space4You
- Build Sound Minds
- Elm Foundation
- Got Your Back
- Change Grow Live
- Derwent Rural Counselling Service