

## **Heathfield Community College approaches to Student Wellbeing**

In a context of high stakes accountability and often challenging peer social pressure, Heathfield Community College has a commitment to student wellbeing. It is a College Improvement Plan target and long-term goal of the College to ensure that students who leave Heathfield are not only equipped with a set of outcomes that allow them the best choices for their next stage in life but also with the personal, social and emotional skills to be able to thrive.

Heathfield Values:

*A vibrant centre for learning where students are enthusiastic, actively engaging with new challenges that build self-esteem.*

*Our well-being is enhanced through a balanced life that includes meaningful experiences undertaken whole-heartedly and with integrity.*

*Students are happy and enjoy College life, equipped to thrive in life, making a positive difference in and beyond the College*

The achievement of this requires the support of the College leadership and governors, as of 2022-23 this is demonstrated in the following ways:

### **1. Staff training and expertise**

- SENDCO as Thrive trained practitioner who has trained / worked with the Learning Support department and Pastoral Managers.
- Learning support department trained in SEMH.
- Pastoral Managers as non-teaching key worker for all students, trained with Young Minds on early identification, CAMHs, anxiety training along with basic mental health training and attachment understanding.
- The whole College wellbeing package that is delivered through assemblies and tutor time has a staff guide to assist with delivery along with the offer of 1:1 support for staff.
- Employed a Safeguarding and Wellbeing Manager whose background is in mental health, and children's services.
- Head of Y12 and 13 has attended regular and recent training on Mental Health and Resilience in young people
- Head of PSHEe is active in local HUB and attends training which has included how to deliver lessons on mental health and well being

### **2. Whole School Approaches**

- i. An overt approach to provide low-level interventions for all rather than offering high level intervention for few.**
  - Whole school student wellbeing package that is delivered regularly at strategic points throughout the year to all year groups. Sixth Form tutorial programme is

structured around a coaching model to offer both careers and mental health support

- SENDCO and SLT Pastoral lead develop wider wellbeing approaches in line with College Improvement Plan targets on a year by year basis based on self-evaluation.
- Mindfulness package delivered through Tutor Time uses Thrive learning on how the brain functions
- Structuring of pastoral team to enable non-teaching Pastoral Manager as a key worker in addition to the Head of Year who has oversight. This enables a proactive approach to individual and class needs, refocused at key times of year.
- The College has selected national and world mental health days which are publicised and marked with the whole school.
- Health and wellbeing pages on the website signposting to both students and parents the support on offer in school and externally.
- Firefly pages developed for both parents and students. This provides all in school resources and signposting for further help.
- Safeguarding and wellbeing manager offers 1:1 support, targeted small group intervention and whole school interventions.

**ii. Building positive self-image and self-esteem building experiences.**

- Environment of the whole school developed to reflect visual images of students as happy and successful in a wide range of activities and pursuits. It also profiles the Habits as resilient and healthy approaches to life and learning.
- Student leadership strands that offer opportunities for roles within the community of responsibility and respect, making a difference.
- Student voice - carried out annually internally to provide self-evaluation data that enables planning for each year, My Health My School survey, also carried out in partnership with KENT NHS to provide information for area Health Reviews and school level planning.
- House System has built a sense of belonging, competition and mutual support.
- Safeguarding and wellbeing manager works with the curriculum lead for PSHE to develop and deliver positive self-image lessons within curriculum time.
- Motivational and inspiring speakers are commissioned to raise awareness of these issues while giving practical advice. These are followed up in smaller groups.

**iii. Direct input on positive strategies and understanding of the importance of mental health alongside physical health, with strategies to maintain both.**

- Tutor time and assembly materials are delivered regularly.
  - Youth mental health
  - International stress awareness
  - Blue Monday
  - Resilience
  - Importance of laughter

- Talk to us (Samaritans)
- All delivered through a keynote assembly to year groups with detailed, follow-up tutor time materials for discussion.
- The whole school mindfulness project is now embedded within the tutor time package and is delivered to all students.
- Year 7 follow the “Smart Moves” resilience package throughout the year.
- 6<sup>th</sup> form tutorial and assembly programme includes sessions on “Wellbeing”, “Resilience”, “Revision Techniques” and “Positive stress Management”
- Themes for year assemblies and tutor time mirror the Heathfield Habits, which enable reflections on wellbeing topics including: resilience (Determination and Reflection), compassion and consideration.
- Student Voice - carried out annually internally to provide the self-evaluation data that enables planning for each year, My Health My School survey, also carried out in partnership with Kent NHS to provide information for area Health Reviews and school level planning.
- Positive and Healthy approaches to social time. Including the increased access to informal physical activities (football, basketball, tennis, table tennis for all) and more structured House competitions.
- Enhanced signposting for families using the College website to facilitate expert input as required.
- Referrals to Kent Health Wellbeing team as appropriate.
- Wellbeing Wednesdays run weekly for students to access a relaxation/mindfulness workshop.
- Working with a trained Solution-Focused Therapist to deliver key sessions to identified students on resilience, wellbeing and mental health.

### **3. Measurement of progress.**

The whole school approach described above are evaluated for impact and future planning on an annual basis using the following:

- Overall attendance and the attendance of key groups
- Case Studies of individual impact
- Frequency of repeat incidents leading to internal or external suspension
- Academic progress of targeted students
- Quality assurance of tutor time activities
- Student voice
- Report following the delivery of the Scheme of Work around Anxiety and mindfulness with anxiety prone ASD students

### **4. Future Developments 2023 onwards**

- Pastoral Team to deliver further interventions
  - Pilot project for Values Leaders to be assigned to y8 tutor groups to develop relationships begun in transition and ensure positive role models and the ability to ‘report’
- Strengths analysis to be piloted in y12 during PSHEe

# Appendix 1

	Term 1	Term 2	Term 3	Term 4	Term 5	Term 6	In addition
Year 7 Assembly and Tutor Time	WellBeing Week: Youth MH Day Smart Moves 1 Smart Moves 2	International Mens Month: Mens Mental Health Anti Bullying week/World Kindness Day Smart Moves 3 Smart Moves 4	Blue Monday: Music themed, how music affects our mood	World Happiness Day	Autism Acceptance Month		<p>All of y12 are trained in mentoring and form relationships with all of y7</p> <p>Wellbeing Wednesday (Mindfulness package uses Thrive learning on how the brain functions)</p> <p>Clubs and House Events, resources at social time</p> <p>Signposting from website</p> <p>Access to Trained Counsellor</p> <p>Safeguarding and Wellbeing lead</p> <p>help@heathfieldcc.co.uk - reporting concerns or worries address</p> <p>Targeted peer mentoring programme</p> <p>Targeted work with vulnerable students re: friendships and resilience plus Work in Learning Support on making friendships with targeted students</p>
Year 7 PHSEe	Ground Rules and Community	Anti-bullying, managing friendships		Puberty and emotional changes, positive relationships			
Year 8 Assembly and Tutor Time	WellBeing Week: Youth MH Day World Mental Health Day	International Mens Month: Mens Mental Health Anti Bullying week/World Kindness Day International Stress Awareness Day	Blue Monday: Music themed, how music affects our mood	World Happiness Day	Autism Acceptance Month		
Year 8 PHSEe	Ground Rules and Community	Anti-bullying, individual responsibility		Healthy lifestyles	Healthy lifestyles	Healthy lifestyles	
Year 9 Assembly and Tutor Time	WellBeing Week: Youth MH Day World Mental Health Day	International Mens Month: Mens Mental Health Anti Bullying week/World Kindness Day International Stress Awareness Day	Blue Monday: Music themed, how music affects our mood	World Happiness Day	Autism Acceptance Month		
Year 9 PHSEe		Anti-Bullying Week: sexting	Alcohol/illegal substances: individual risk management	RSHE: Normative data. Risk management, mindfulness, self-esteem and resilience	RSHE: Positive Relationships, risk management	RSHE: Contraception, sexualised and gendered language	
Year 10 Assembly and Tutor Time	WellBeing Week: Youth MH Day World Mental Health Day	International Mens Month: Mens Mental Health Anti Bullying week/World Kindness Day International Stress Awareness Day	Blue Monday: Music themed, how music affects our mood	World Happiness Day	Autism Acceptance Month		
Year 10 PHSEe		Anti-Bullying Week: grooming:		Self-esteem/ body image: eating disorders	Mental illness/ resilience and sources of support	The importance of listening and Mental Health and wellbeing and seeking sources of support (Samaritans session)	
Year 11 Assembly and Tutor Time	WellBeing Week: Youth MH Day World Mental Health Day	International Mens Month: Mens Mental Health Anti Bullying week/World Kindness Day International Stress Awareness Day	Blue Monday: Music themed, how music affects our mood	World Happiness Day	Autism Acceptance Month		
Year 11 PHSEe	Lesson to mark World Mental Health Day SMSC Prejudice topic: disability, ageism, racism, homophobia, transphobia, sexism, classism	Anti-Bullying Week: This year's theme or a lesson on consent and grooming #metoo	CEIAG and Prejudice continued from term 1 and 2	Self-esteem/ body image: eating disorders	Mental health, managing stress, exam technique	Mental health, managing stress, exam technique	
6th Form Assembly and Tutor Time	Sixth Form tutorial programme is structured around a coaching model to offer both careers and mental health support						
6th Form PHSEe	What is PSHEE? My health, my school survey taking action	Personal Safety	Media Literacy: Online presence, propaganda, critical consumption and reporting  Independent living and budgeting. Student Finance	Substance use / misuse	Consent and Relationships	Mental health, managing stress, exam technique	