

Mental Health and Well being at Ernulf Academy

“Mental health is a state of well-being in which every individual realises his or her own potential, can cope with the normal stresses of life, can work productively and fruitfully, and is able to make a contribution to her or his community.” (World Health Organisation 2014)

Statement of Commitment

At Ernulf Academy we understand that mental health and wellbeing is crucial for nurturing happy, thriving, successful pupils and staff. Mental health and wellbeing is equally as important as physical health and we ensure that our school ethos and culture encourages our school community to value the importance of personal and academic wellbeing.

Our duty at Ernulf Academy is to ensure that we continue to promote positive mental health and wellbeing amongst our students. We understand the importance that every student feels safe and happy. We care that our students are able to understand and express their feelings with confidence and demonstrate emotional resilience on a daily basis, supporting their learning and personal development.

At Ernulf Academy, we are dedicated to reducing the stigma surrounding mental health and wellbeing and shall continue to raise awareness across our school community.

How do we promote positive mental health and wellbeing in school?

Part of our ethos at Ernulf Academy is promoting positive mental health and wellbeing across our school. At Ernulf Academy we:

- Have a whole school approach to positive mental health and wellbeing that incorporates a commitment to support students and staff
- Staff promote positive mental health and wellbeing and provide support to every student, every day.
- Our curriculum is designed to build student’s knowledge, confidence and emotional resilience which aims to develop well- rounded young citizens that are equipped for the challenges of the future.

How do we support student’s mental health and wellbeing?

At Ernulf Academy, we understand that mental health and wellbeing can be complex. In our everyday lives we can be met with different situations which we all deal with in different ways. Many situations are out of our control and we have to develop our resilience in order to continue with our daily lives, whilst dealing with emotional and stressful situations.

We understand the importance of regular routines and high expectations that supports mental health and wellbeing. We know that school attendance and engagement in lessons are crucial for supporting and managing positive mental health.

Ernulf Academy offers the following services that support our students mental health and wellbeing.

- A focus on personal development which is designed to develop our student’s self-confidence, resilience and their emotional health
- A pastoral team in the form of heads of years and pastoral co-ordinators whom are trained to identify behaviour changes that could signify problems in a student’s mental health and or wellbeing. And are always available to offer support and guidance when required.
- A designated wellbeing lead and also a senior lead for mental health who oversee the support and guidance for student’s positive mental health and wellbeing. The role of the mental health lead

ensures that all staff are equipped for supporting our student's mental health and wellbeing through regular updates and training

- Links with external agencies and local support, e.g YOUnited, CAMH, Centre 33, Ormiston Families and NHS Mental Health Support Teams which are key to providing support/interventions to individuals who require support with their mental health and wellbeing.

How do we refer students who require additional support?

Any student, parent/carer or member of staff who has concerns regarding the mental health and wellbeing of a student should speak to the student's Head of Year or Pastoral Co-ordinator who will notify the mental health lead/safeguarding lead. The mental health/safeguarding lead will then monitor and offer support. The designated safeguarding lead/mental health lead will then refer to outside agencies where required.

Useful Links

Keep your head website

Growing up can be challenging – with exams, issues with friends, changes at home, or finding a job. This can affect how we feel and it can impact on our wellbeing and mental health. The Keep your head website brings together good, reliable information on mental health and wellbeing for children and young people, parents and carers, and professionals.

<https://www.keep-your-head.com/>



Kooth Website

The Kooth website is an online counselling and emotional wellbeing platform for children and young people, accessible on mobiles, tablets, and via your desktop.

<https://www.kooth.com/>



NESSie Website

Nessie positively support mental health for children and young people, including parents and carers.

They offer:

- Free online and face-to-face workshops
- Parent support
- Private moderated Facebook support groups
- Cambridge support group for parents of children/young people that self-harm OR
- NESSie Parent/Carer Support Group For other emotional and mental health support
- 1-1 support and advice sessions
- Peer support groups

