

Mental health and Well-being at Pate's



The positive mental health and well-being of all our students is paramount. We have a Well-being Committee comprising sixth form students who support our Head of PDC, Mrs Emma Adams-Morgan and our Designated Safeguarding Lead, Mr Andrew Jones.

KS3

Year 7

At the start of year 7 we have a series of lessons, delivered through the Personal Development Curriculum, (**PDC**), to help pupils to manage the transition from primary to secondary school, and to thrive in the Pate's environment. This is followed by sessions on mindfulness. These lessons explore a range of different methods to calm the mind, to manage stress and anxiety, and to enjoy the present; this is a positive approach to mental health.

There are lessons on health and healthy eating later in the year. An understanding that illness is part of life but that there are steps that can be taken to reduce the risk of ill health form an important role in securing well-being.

In **TPM** there are sessions on yoga and students are given the opportunity to learn how to cook a healthy meal.

Through the **FLD** programme, students develop their ability to work as a team and support one another.

Year 8

In **PDC** students explore what is meant by kindness and the impact that kind acts can have. They are challenged to come up with a project to raise the well-being of others in the school via simple acts of kindness. Students present their ideas to a panel comprising of Mr Jones, Deputy Head, the Head of Year 8 and representatives of the Well-being committee.

There are a series of lessons on body image. These lessons explore how the media and our use of language can have a negative impact on the way that we view our bodies and the positive steps that can be taken to improve this.

In **TPM** there are yoga sessions.

Year 9

In **PDC** students follow the Gloucestershire mental health and well-being programme, 'Beyond Fed-Up'. This explores the idea that our well-being is on a continuum and that different events can have a positive or negative impact on where we are on that continuum at any one time. Events can have a different impact on each person depending on their personal experience prior to the event. Students look at different ways to support one another.

KS4

In the **FLD** programme students explore the effects of FOMO (fear of missing out) associated with increased social interactions through online media. Help and advice sources are sign-posted and students are encouraged to identify strategies to cope with this pressure. Students are given time on each FLD to choose an activity to help them to de-stress.

In **TPM** there are yoga sessions.

Sixth form

The Information and Guidance programme (**IAG**) that threads through both year 12 and year 13, delivers sessions on stress management and mental health. Students are actively encouraged to join the Wellbeing Committee, this is a student-led group that can suggest, support and implement changes to enhance the mental health and wellbeing of all students at Pate's.

