

Mental health and Wellbeing at Pate's



The positive mental health and well-being of all our students is paramount. We have a Mental Health Intent Statement that outlines the school's approach to supporting students.

Our Wellbeing Committee comprises Sixth Form students who, along with Welfare Ambassadors, support our Head of PDC, Mrs Emma Adams-Morgan, our Designated Safeguarding Lead, Mr Andrew Jones (Deputy Head), and our Senior Mental Health Lead, Mr Nicholas (Head of Sixth Form).

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 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.

All students have timetabled cookery lessons with Mrs Cicely Waterson; they follow a programme designed to promote the importance of a balanced, healthy diet as part of positive well-being.

In **TPM** there are sessions on yoga and learning skills; this helps to build a toolkit of strategies that students can call upon as they move through the school.

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 Wellbeing 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.

In the **FLD** programme, students explore the work of local charities as part of a Financial day, Spend, Save, Give. Helping others has a positive impact on mental health.

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 complete an activity to help them to de-stress.

In **TPM** there are yoga sessions.

Sixth Form

The Information, Advice and Guidance programme (**IAG**) threads through both Years 12 and 13 and delivers specific sessions relating to Mental Health and stress management. Sessions are tailored to the challenges facing students in the respective year groups and, wherever possible, are delivered by experts in the field. For example, Satveer Nijjar from Attention Seekers has delivered bespoke sessions to Sixth Form students on Mental Health and Self Harm Awareness.

Year 12s are introduced to the Pate's Learner skills as part of their induction and have a session in Term One that relates to Cognitive Science and Study Skills to help prepare them for life in the Sixth Form and reduce the stresses associated with this new phase of learning. In addition, all Year 12s participate in a Journaling and Wellbeing project, linked to the University of Bristol, which introduces students to specific strategies and techniques linked to wellbeing. This takes place weekly in tutor time.

In Year 13, students receive sessions focussing on Cognitive Neuroscience & Memory: How to revise effectively, Handling stress effectively and Perfectionism.

Sixth Form students can set up and join a wide range of Societies. These provide space within the curriculum for students to engage in meaningful discussions about their wellbeing, as well as providing an outlet for wellbeing activities such as Ceramics or Book Club.

Students are also 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. They gather feedback from students and share findings through assemblies, displays and other means.