

## **Wellbeing and Positive Mental Health Offer**

Here at Hambling View we understand the importance of having positive mental health and wellbeing. Following on from the Pandemic, we are aware of ongoing impact and the rising National trends for mental health issues, the lack of resources for supporting young people with mental health issues and the general lack of understanding of such issues within society.

We would like to ensure that all of our students are equipped with the tools that they need to develop their resilience and reduce their general anxiety so that they are ready to learn and play both in school and beyond.

For some students, we recognise that some of their ‘anxiety’ may be deep seated, for example, as result of their SEND needs and school experiences to date or a result of Adverse Childhood Experiences, but for most, it can be dealt with simply by all members of staff reminding the students of the need to be resilient and allowing them to ‘get things wrong’ or ‘make a mistake’ in a safe environment.

To ensure that we provide the best support for our students, the Staff Team works hard to ensure that all of our students are targeted appropriately. The following staff members will lead on mental health and wellbeing and you can approach these staff members if you have any related concerns for a student:

Area of Concern	Lead
<b>Off the Record Counselling Service for young people</b>	Mrs Wright (Students Support/ELSA)
<b>ELSA: Anxiety / Bereavement / Depression / Emotional Development/Attachment</b>	Mrs Wright (Students Support/ELSA)
<b>Medical: Anxiety / Bereavement / Depression / Self- Harm</b>	School Nurse Referral
<b>Safety and Wellbeing: Child Exploitation and County Lines / Child Sexual Exploitation – Working With Families/ Deliberate Self-Harm and Suicidal behaviour / Domestic Violence / Early Help Assessment / Eating Disorders / Parental Substance Misuse / Prevent</b>	Mrs Rowlinson (DSL)
<b>Risk Taking Behaviour –drug and alcohol awareness</b>	Project 20 Referral
<b>Sexual Orientation and Gender Identity</b>	Mrs Wright
<b>Mental Health support team BANES</b>	Mrs Wright

Appendix 1 contains details of our staged response, Appendix 2 is a copy of our Friendship Questionnaire completed by all Year 8 students and Appendix 3 gives details of the ‘in-house support’ we have developed.

### **Hambling View’s Stages For Supporting Positive Mental Health and Wellbeing:**

#### **Preventative Targeting**

- **Year 6 – Year 7**

- \*Enhanced transition packages for all of our students to reduce anxiety related to starting a new school

- \*Tailored transition provision for individual students on a needs basis.

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- **Term 1, All new students:**

\*All students receive Level 1 intervention as a specific 4 week 'checking in' provision

- **Term 1, KS3:**

\*Identified students in KS3, allocated to a range of mentoring options, such as Buddying, Mentoring (ASD, Student Support, EAL) and Peer mentoring.

- **Term 6:**

\*Students moving from Year 9 to Year 10 receive in-house support to include support with future choice decisions, setting goals and wellbeing.

### Universal Offer

- All students in Year 7-11 receive at least one session per term on Well Being/Positive Mental Health via Tutorial or PSHE or Assembly
- All students complete the Friendship Questionnaire (Appendix 2). This information is analysed and appropriate actions taken as a result of the data

### Level 1 (In-house Support)

#### Managed by the Mental Health and Wellbeing Lead and is for students who:

- Are seeking regular contact with the office/staff
- Avoiding situations
- Lacking balance and perspective
- Are raised as concerns by staff/parents/peers
- Are 'struggling'

#### Provision

- ELSA Action Plans - continued support for students in Year 7-11 for targeted students
- Off The Record Counselling available via referral to all students for 6 x 1:1 sessions, focusing on identified areas of need
- Mediation, as needed, to encourage positive relationships and reparation of friendship issues
- The Friendship Project – a tailored package of support steered by the data from the friendship Questionnaire. Low level issues to receive staff Support, higher level issues to receive support from SENDCO
- Pastoral Drop In (ELSA Office). Offering a drop in centre for any students to come and seek support and advice mental health and wellbeing issues
- Moving on Up. Preparing to start Year 10. Enhanced support package for identified students available to help prepare students throughout the options process and beyond into Year 10
- Social Skills group for identified students to support the development of skills needed to maintain healthy friendships

### Level 2 (Referral To External Services)

CAMHs	Black Families
School Nurse	SARI
Youth Connect	Project 28
Bath Area Play Project	Compass
Education Welfare Services	Young Carers
Mentoring Plus	BASE
Horse World	CRUSH
Off The Record	Willow

### Level 3 (Overseen by Mental Health and Wellbeing Lead)

- BANES Mental Health Support Team referral

### Level 4 (Overseen by Mental Health and Wellbeing Lead)

Referral to CAMHS for students who are experiencing more significant challenges to their mental health and wellbeing

Appendix 1: Completed by all students

**Friendship Questionnaire**

This questionnaire is private and confidential. It will not be shared with any other student.

**Name:**

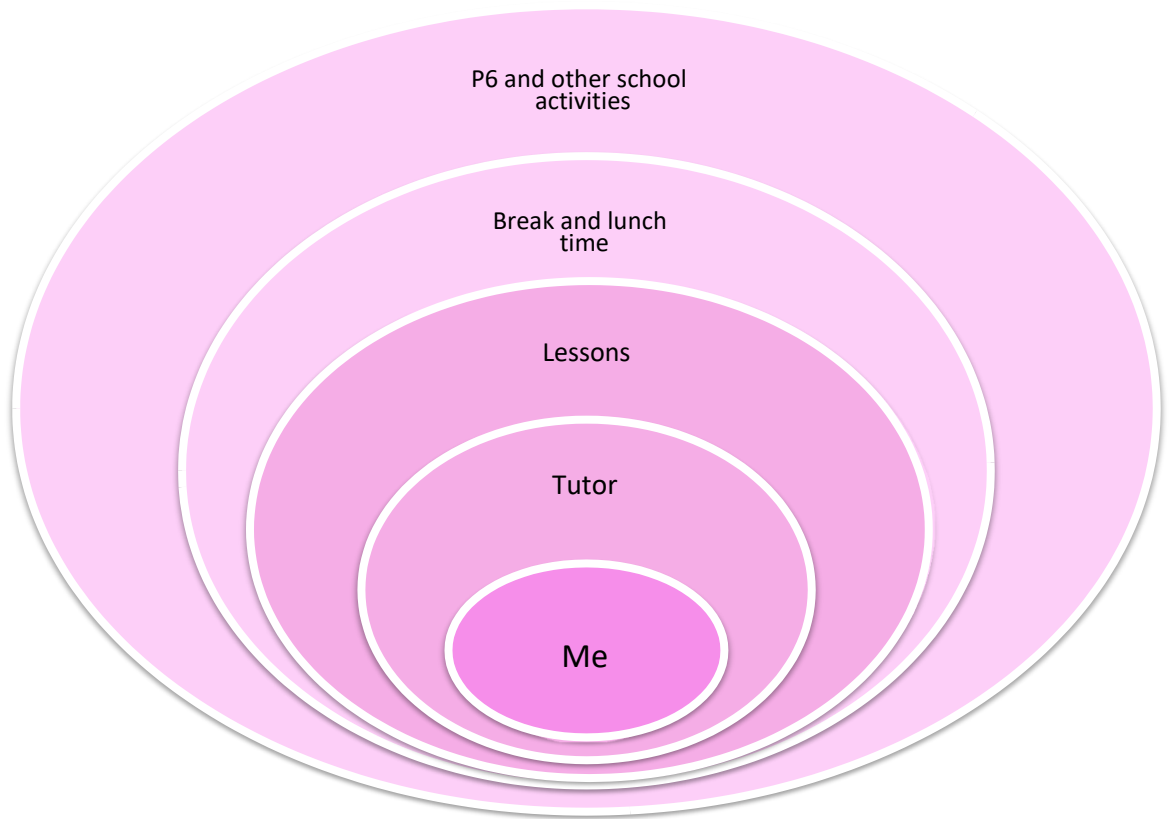
**Tutor Group:**

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**Your friendships.....**

Please write down the first names of your friends based on when you see them during the day.  
*(You can write the same name in more than one circle. You can also leave a circle blank).*

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2. Are you happy with your friendships? *Please tick*

Yes

Kind of

No

3. At break and lunch time, would you prefer to be on your own, with one or two friends or part of a larger group? *Please circle your ideal situation*

### On my own / one or two friends / larger group

4. If you think about **your** current friendships, what would you change if you could?

*Please tick as many boxes as*

*you want...*

1	I don't have any friends and I want to make some friends	
2	I don't have a best friend but I would like a best friend	
3	I fell out with a friend and I'd like to be friends again	
4	I would like someone to sit with at break/lunch time as I don't have anyone	
5	I would like some advice on how to make friends	
6	I don't want to hang round with someone I don't like (wish they'd go)	
7	I am being ignored/excluded so I want to be included	
8	I'd like to spend my time with one or two friends	
9	I'd like to have a lot of friends	
10	I'd like to be on my own rather than with other people	
11	I want someone to forgive me for saying/posting/doing something to them	
12	I have good friends and everything is fine	
13	I have someone to sit and work with in lessons	

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14	Please use this space for your own comments about what you would change if you could...	
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