



Mental Health and Wellbeing Statement

Context

The mental health and wellbeing of all our Sixth Form community (staff, students, parents, and carers), is fundamental to our philosophy and ethos ensuring robust support for all within a culture of care and safety with a focus on making every interaction matter.

Poor mental health undermines educational attainment and engagement. Surveys suggest that disproportionately large numbers of young people with conduct and emotional disorders fall behind in their overall educational attainment, have significantly low attendance and/or are being suspended.

One in ten young people have a clinically diagnosed mental health disorder with vulnerable groups affected more so, for example our LGBT community, young people impacted by adverse childhood experiences and those not in education or employment.

Aims:

- To ensure that through the promotion of positive mental health and wellbeing, young people are helped to understand and express their feelings, build their confidence and emotional resilience, and therefore have the capacity to engage and learn.
- To increase the awareness and understanding and reduce stigma amongst young people and to provide early support and intervention to young people who appear to be suffering from mental health issues.
- To recognise that adults (Staff and Parents), may also encounter their own challenges in relation to mental health and wellbeing and thus have a duty of care and responsibility to ensure we are mindful of this, recognise when adults may be struggling and to be able to support and signpost accordingly.

Promoting Positive Mental Health and Wellbeing:

The culture at Longley Park Sixth Form promotes young people's positive mental health and wellbeing and avoids stigma by:

- Having a whole-sixth form approach to promoting positive mental health and wellbeing with an ethos of high expectations with high levels of support.
- Working closely with young people, their parent or carer and agencies that may be involved in supporting them or their family.
- Continual training and development for all staff.
- Monitoring and tracking accessibility and use of wellbeing support to ensure no vulnerable group is excluded



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- Capturing the voice of young people to ensure we keep abreast of issues that are affecting them and impacting on their mental health and wellbeing.
- The Sixth Form has invested significantly in providing a Wellbeing Hub (G05), where four Wellbeing Practitioners have been appointed, two are trauma informed trained practitioners and in addition to this the Sixth Form have secured a contract with 'Free to be You', that provides trained specialist counsellors, one of which is an Art Therapist.
- Whole-Sixth Form promotion of respect for one another, tolerance, empathy, and kindness whilst building resilience and tenacity in all curriculum areas.

Supporting Our Students:

Mental health and wellbeing are a very varied and complex area. Maintaining every day, regular routines wherever possible, such as attending the Sixth Form and lessons whilst working towards managing mental health is key. The Sixth Form offers a wide range of support and services to help young people develop positive mental health and wellbeing. These are:

- All Sixth Form staff are well placed to recognise changes in behaviour or appearance, interruptions to regular attendance that might indicate an issue. Many things can cause a change in mental health or wellbeing including traumatic events such as loss or separation, abuse, including domestic abuse and bullying.
- Longley Park Sixth Form adopts a trauma informed ACE (adverse childhood experiences), aware approach where relationships are at the centre of all interactions and thus young people may identify a connected adult – a teacher, or tutor or a member of the safeguarding, wellbeing team that they would prefer to talk to at any given time. Staff are well equipped to support or signpost where necessary.
- Our PHSE/Tutorial Curriculum includes mental health and wellbeing to deplete stigma and raise awareness and understanding amongst young people and provides strategies for developing positive mental health and wellbeing. This includes helping young people understand how they can look after their own mental health and wellbeing, developing resilience and confidence.
- Information and guidance on how young people can access mental health and wellbeing support discreetly is well displayed around the Sixth Form, through displays, both inside and outside of the classroom, leaflets, and the website.
- G05 (Wellbeing Hub) at the Sixth Form provides both drop-in service, and targeted support and intervention to young people at any given time. Often young people are identified through transition and G05 will form part of a support plan for such



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individuals. G05 also supports young people that have mental health and wellbeing needs identified through their educational health care plan (EHCP), the Wellbeing Team will work closely with the Additional Learning Support Team to ensure that the young person's needs are met.

- G05 will identify themes and particularly stressful times of the year and will provide group workshops/support, for example, how to manage exam stress.
- Healthy Minds Peer Champions who have volunteered to support G05 wellbeing drop-in and group workshops.
- Both the Safeguarding Team and Wellbeing Team have well established links with outside support and specialist agencies (MAST, Nursing, CAHMs), to provide specialist support and intervention for those with complex mental health and wellbeing needs.
- Each half-term, the Wellbeing Team will host a stall, in the Plaza (Student Social Area), supported by external services, promoting the importance of positive mental health and wellbeing.

Referrals:

Any member of staff, student, parent, or carer concerned about the mental health and wellbeing of a young person should speak to the young person's Tutor about their concerns. The tutor will be able to monitor, signpost and support in the first instance. The Tutor will also be able to refer into the Wellbeing Team for targeted support and intervention if the concerns persist.

However, if there are concerns that a young person is at risk of significant harm, then contact with the Safeguarding Team must occur immediately.

Supporting Parents/Carers:

- Parents and Carers can access Longley Park Sixth Form Website – Parents Section, which will detail support available to them, in relation to their own mental health and wellbeing and/or any other issues that may be impacting on them or their family.
- Key staff at the Sixth form will support Parents/Carers through assessment of needs and referral to external agency for targeted or specialist support. Key staff will also attend TAF (Team around the Family), Meetings to contribute to wider support action plan.
- G05 (Wellbeing Hub), will host termly parent/carers coffee/workshop sessions that will increase their knowledge and understanding of mental health and wellbeing issues and triggers, and how best to support their young person.



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Supporting Our Staff:

The key components of emotional wellbeing are feeling safe, physical health (exercise, sleep, nutrition, and hydration), social connectedness, feeling valued, heard, and understood, having a sense of purpose and autonomy and being able to regulate our emotions. This is true for all individuals including staff. Aside from their own personal. Childhoods and life.

Promotion of HEADSPACE

experience many staff may have experienced trauma, toxic stress, and adversity because of the work itself or work culture or climate.

Staff need to be in their 'thinking brain', to be rational, effective, creative, empathic and retain their compassion and professionalism. When an individual is unwell it is harder for them to be their optimal self.

The mental health and wellbeing of staff is of high importance and is supported by:

- Staff Support and Wellbeing Link on the Sixth Form SharePoint Database that allows staff to access information, guidance, and support discreetly.
- Assistant Principal (Behaviour and Welfare), who is also the trained Healthy Minds Senior Leader Practitioner, alongside the Operations Manager offer an 'open door policy', for all staff to access support at any given time.
- Staff Wellbeing Day annually.
- Bespoke training for Senior Leadership, Extended Middle Leadership who have line management responsibility.
- Staff Wellbeing Space Ground Floor, Second Floor
- Capturing the voice of all staff to ensure we keep abreast of issues that are affecting them and impacting on their mental health and wellbeing.
- Simply Health Package (Sixth Form),
- Trust Brigantia Benefits including Health Assured Package
- DFe Wellbeing Charter
- <https://iaptsheffield.nhs.uk/employers> free service, offering short term treatment options to anyone who might be struggling with common mental health difficulties such as anxiety and/or depression. Alternatively, staff may choose to access a confidential assessment pathway details on the website, or can be booked by calling 0114 226 4380, where they will be offered a 45 minute assessment with a therapist to find the most appropriate form of therapy for them.



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<https://www.sheffieldchildrens.nhs.uk/services/camhs/healthy-minds/>

https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/664855/Transforming_children_and_young_people_s_mental_health_provision.pdf

[Wellbeing - Longley Park Sixth Form](#)

[Safeguarding and Prevent - Longley Park Sixth Form](#)

[The Education Staff Wellbeing Charter - November 2021 \(publishing.service.gov.uk\)](#)