



Parent Wellbeing and Information Evening
Bradford Girls' Grammar School
Primary and Senior Phase
Wednesday 6th October 2021

Green Paper

- A whole school approach to mental health and well being reflected in the policies, curriculum and pastoral support.
- Ensures that staff are supported with their own mental well being and how pupils and parents are engaged.

Expectation

- A designated mental health lead in every school and college

Mental Health lead responsibilities will be

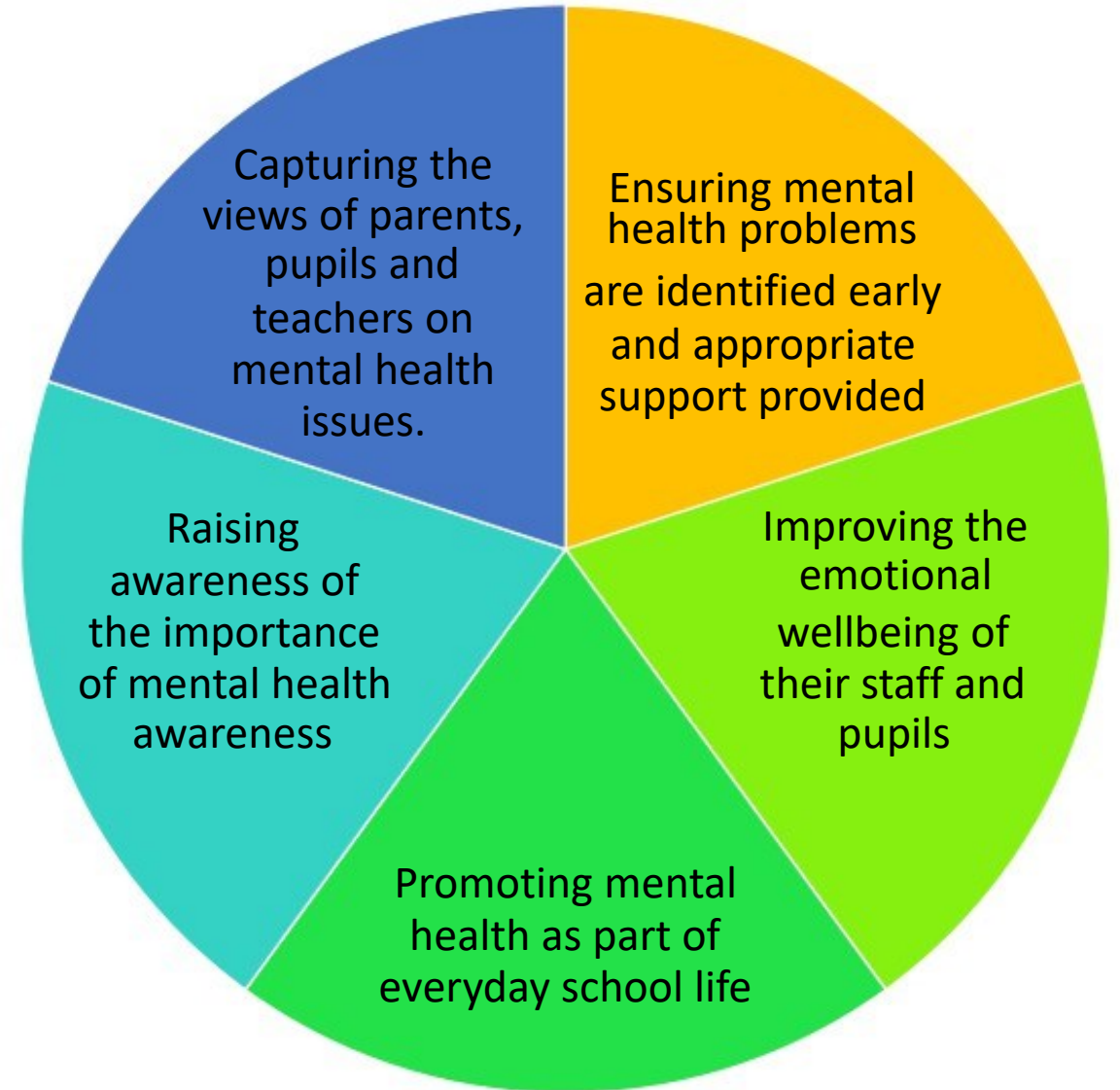
- Oversee the help the school gives to pupils with mental health problems
- Help staff to spot pupils who show signs of mental health problems
- Offer advice to staff about mental health
- Refer children to specialist services if they need to

LR/BGGS are currently working on wellbeing, with the focus

on ensuring effective practise and provision is in place that promotes the emotional well-being and mental health of both staff and pupils. The

focus is on changing the long -term culture of the school and embedding an ethos where mental health is regarded as the responsibility of all.

In this meeting the school is hoping to demonstrate its commitment to:



Well Being Workshop: Key principles

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graph TD; A[Well Being Workshop: Key principles] --- B[Emotional wellbeing and mental health are a continuum. Related issues can range from positive attitudes and behaviour, through to experiences of emotional distress and mental disorder]; A --- C[Emotional wellbeing covers a range of dimensions such as resilience, character building, relationships, self esteem. Understanding developmental and mental health awareness is critical]; A --- D[Creating a positive school culture requires a whole-school approach that is led from the top while involving the whole school community.]; A --- E[Schools already experience and manage emotional issues on a daily basis, the objective is to minimise the impact of such issues and maximise the effectiveness of any responses];
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What do we mean by Mental health?

Mental well-being describes a person's (pupil, staff, parents) mental state- how you are feeling and how you can cope with day to day life. Our mental well-being can change , from day to day, month to month or year to year.





Three Common issues underpin mental health issues:



low self esteem



social isolation

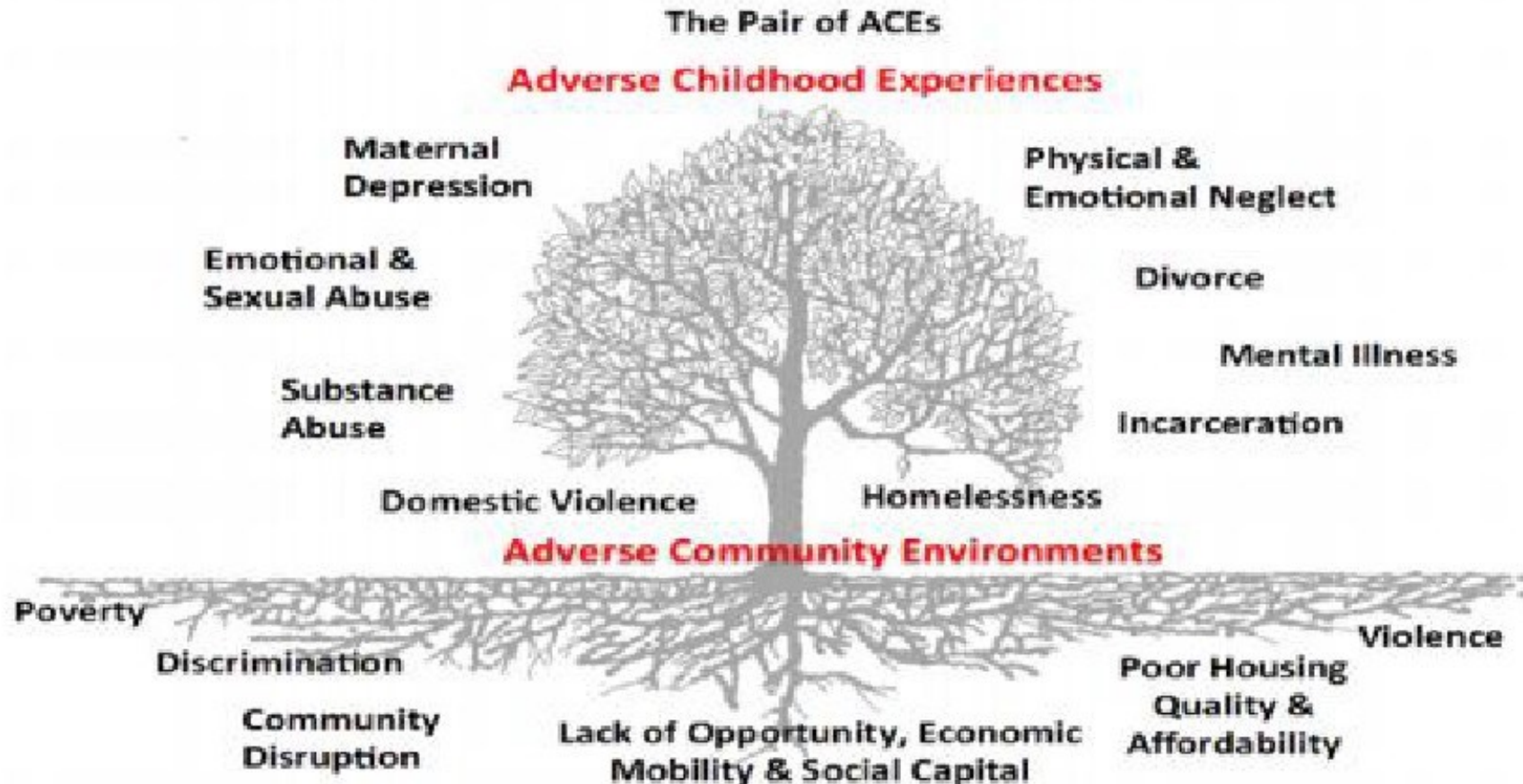


ruminative negative thinking

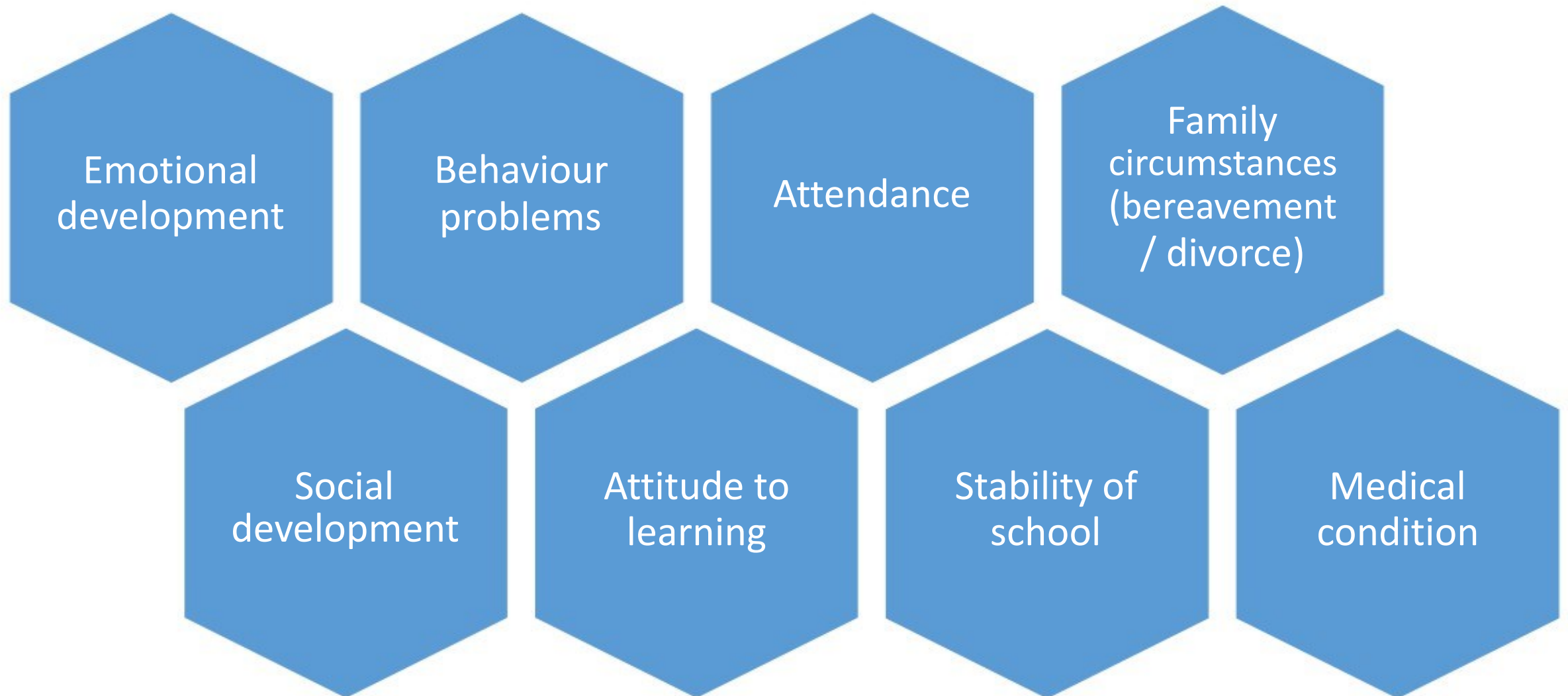
Prevention and Monitoring Adverse Child Experiences

If a child is exposed to the following,

- A third of all diagnosed mental health incidences in adulthood are related to adverse childhood experiences-



Risk Factors of developing mental health



Tier 1

Prevention

- RSE curriculum- Teach about health and well being.
- Remove Stigma- Support Wear Yellow- Autumn Term
- Raise awareness Mental Health Week (Spring Term)
- In Class Promote good self-esteem
Promote good social skills
- Identify children at Risk of developing problems- monitoring
- Year Manager Intervention
- Assemblies
- Tutor Time Activities
- Direct work with mental health lead in school

Tier 2 In school Support

- Play/Lego therapy
- Specialist Behaviour Support
- Lighthouse Provison

Tier 3 Specialist support

- Bradford Nurture Hub
- In school 1-2-1 external counselling via sharing voices or Escayp

Tier 4 Specialist support

- CAMHS

The School Objectives

The school has eight objectives which focus on the areas of evaluation, development of the work of schools in promoting and protecting emotional wellbeing and positive mental health.

Each of these areas is further broken down into Key Performance Indicators

<u>Objective 1</u> The school is committed to promoting and protecting emotion well being and mental health by achieving the Wellbeing Award for Schools.	<u>Objective 2</u> The school has a clear vision and strategy for promoting and protecting emotional wellbeing mental health, which is communicated to all involved.	<u>Objective 3</u> The school has a positive culture which regards the emotional well being and mental health as the responsibility of all.	<u>Objective 4</u> The school actively promotes staff emotional well being and mental health.
<u>Objective 5</u> The school priorities professional learning and staff development on emotional well being mental health.	<u>Objective 6</u> The school understands the different types of emotional and mental health needs across the whole-school community and has systems in place to respond appropriately.	<u>Objective 7</u> The school actively seeks the ongoing participation of the whole-school community in its approach to emotional well being and mental health.	<u>Objective 8</u> The school works in partnerships with other schools, agencies and available specialist services to support emotional wellbeing and mental health.

Intent	Implementation	Impact
<p>Develop a whole school approach to mental health and well being reflected in the policies, curriculum and pastoral support</p>	<ul style="list-style-type: none"> • Children will specifically be taught about mental health and emotions. • Their Health and Well Being development will be monitored . • Children at risk of mental health problems will be signposted • Whole school procedure to support and use appropriate intervention as necessary. 	<p>The Stigma of mental health is removed. Children are able to meet their potential.</p>

We all have responsibility for issues online – these can have a huge impact on Mental Health

Online Safety

Extremist groups use pandemic to target children online

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Drug gangs recruit teens on social media

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Teenage girls increasingly at risk of online grooming

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Do you know your apps and games?



TikTok



Snapchat



Twitch



Minecraft



Roblox

Attendance Matters

- Poor mental health has previously been linked to poor school attendance.
- Prolonged absence from school can increase anxiety and stress around attending. .
- Good routines of attending school regularly on time can boost mental health.
- Good attendance is considered **above 95%**, or approximately no more than one day of absence each half term.
- Good attendance at school is not just beneficial, it's essential. Attending school is **directly linked to improved exam performance** which should in turn lead to further learning opportunities and better job prospects.

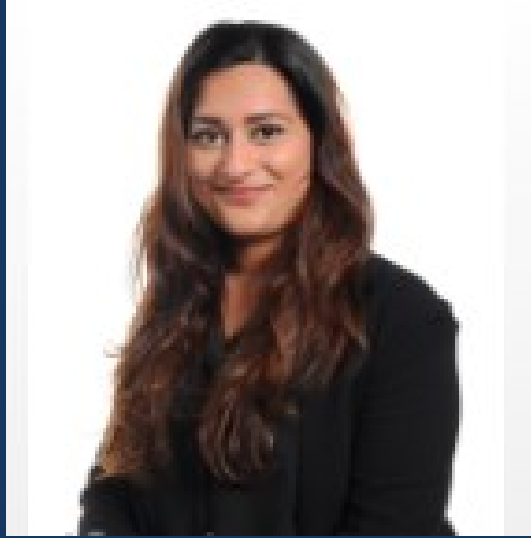


If you have any issues around school attendance, please speak to our attendance officers as soon as possible for support.

**Assistant Principal &
SENCO** Mrs Leary



EYFS Leader
Miss Khan



Attendance Officer
Mrs Osoba



PSHCE Lead
Mrs Walker



Senior Leader Safeguarding
Miss Harris



SENCO
Mr Mahmood



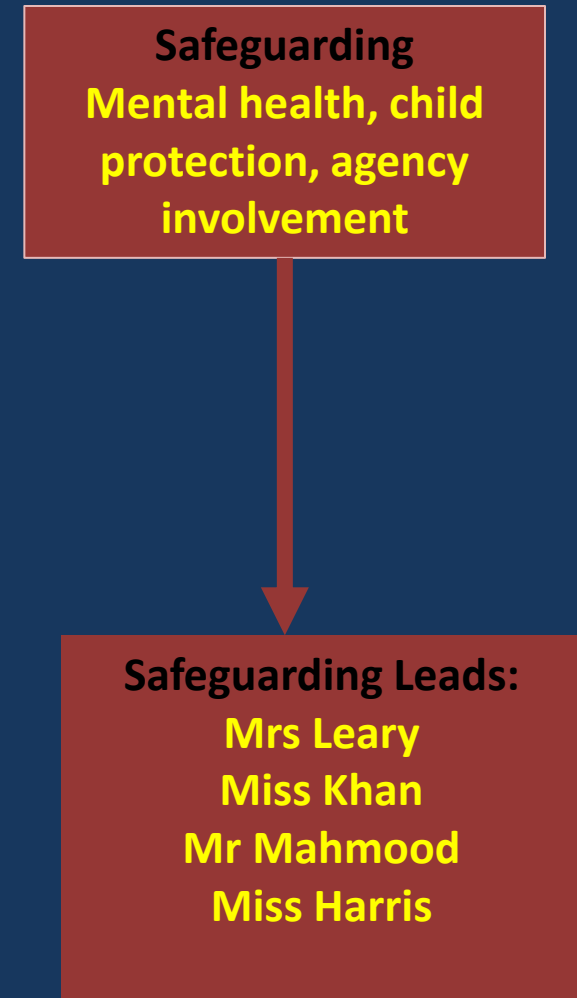
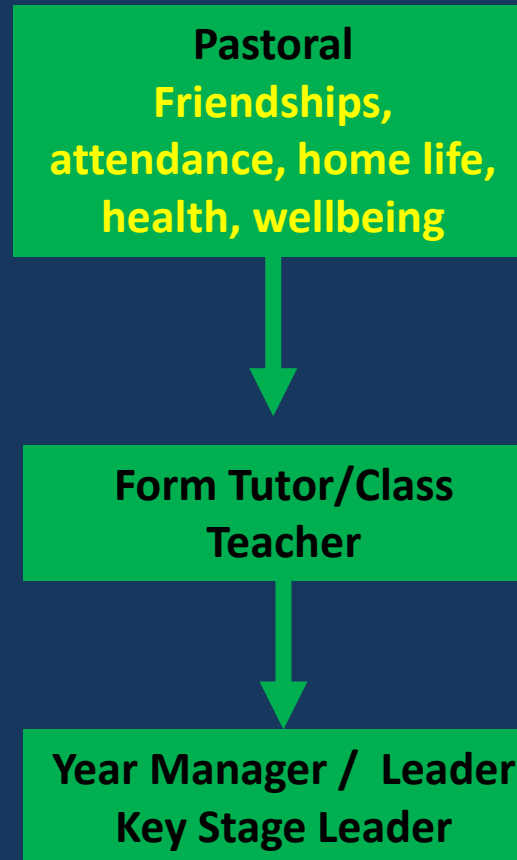
Attendance Officer
Mrs Simon



Library Manager
Mrs Grant



Who to contact



Senior Phase Pastoral Team



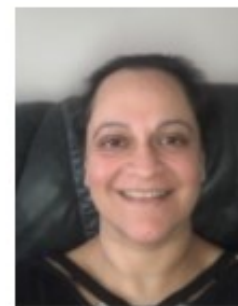
Miss Dickinson
Year Leader – Y7



Mrs Hussain
Year Manager – Y7



Mrs Webster
Year Leader – Y8 & Y9



Mrs Akhtar
Year Manager – Y8 & Y9



Miss Whitehead
Year Leader - Y10 & Y11



Mrs Osborne
Year Manager Y10 & Y11



Miss Harris
Safeguarding Lead



Mrs Shah
HLTA/Nurture



Ms Taylor
SEMH/Nurture

Accessing Support



Accessing Support

MyWellbeing College

Talking through lifes ups and downs

MyWellbeing College is a free NHS service to help people manage everyday problems such as feeling low, having problems sleeping, feeling anxious and experiencing stress.

MyWellbeing College has a wide range of learning opportunities to help you through these ups and downs. Options range from online courses in the comfort of your own home to getting out and meeting new people in our group courses. If there is an option that suits you, you can enrol yourself and then chat to a member of our qualified enrolment team.




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the relationship people





Early Help Process


- Family Interventions
- Referrals to other services of support, such as Mental Health Services or Parenting Advice
- Housing or Financial advice
- Close Links with Bradford Council



EARLY HELP
BRADFORD DISTRICT

GETTING THE
RIGHT HELP
AND SUPPORT
FOR YOU AND
YOUR FAMILY



 **BRADFORD**
working in partnership

www.bradford.gov.uk/earlyhelp

With us today...



Are there any other areas from a parent perspective that should be considered ?