



PERSONAL DEVELOPMENT AT ST IVES SCHOOL

MENTAL HEALTH & WELLBEING - CURRICULUM INTRODUCTION STATEMENT OF INTENT

At St Ives School we have a positive and dedicated approach to supporting students' mental health and wellbeing. Throughout the year there are many elements of the curriculum, both academic and non academic, that help support students.

Within tutor times students have a dedicated well-being session each week where they are encouraged to reflect on their wellbeing and to set targets to help them achieve positive wellbeing. This strategy is based on the 'Five Ways to Well-being' that is outlined in the tutor programme section of this website.

Students have a comprehensive set of lessons during PSHE where they learn about the importance of positive mental health, mental health issues and where they can get help and support if they need it now or later in life. In addition to the provision provided through the curriculum in PSHE there are also assemblies and tutor sessions dedicated to supporting mental health and wellbeing.

Throughout the year we celebrate many events which encourage positive mental health. A comprehensive overview of the elements which take place can be seen here:

World Mental Health Day is celebrated annually in October. St Ives School has taken part in events such as 'Hello Yellow' and raised funds for Young Minds. These events may change annually but the students and staff are always involved. These events raise awareness of this important campaign for positive mental health and wellbeing.

Children's Mental Health Week takes place every February. During the school day many events take place during tutor times, assemblies and lessons. Students are encouraged to discuss positive mental health and discover various ways to express and manage the challenges that they may face in supporting their own wellbeing. Children's Mental Health Week is supported by Young Carers, Youth Workers, Penhaligons Friends and the School Nursing Team.

Young Carers Awareness Day takes place each year in March with the support from Action for Children St Ives. This event celebrates the young carer's role and informs students of the day to day challenges that our young carers face. The Young Carers' Awareness Days are also a platform for those hidden young carers to come forward and find out where to seek support.

Anti-Bullying Week is a national campaign that takes place every November. Anti-Bullying week gives St Ives School an opportunity to shine a spotlight on work that we do to prevent bullying in all its forms and to encourage all students, teachers and parents/carers to continue to take action against bullying throughout the year. Activities take place during this week in tutor time and lessons. All of these activities are designed to raise awareness of the need to accept differences in each other, to treat people equally and fairly and to respect and celebrate each other's differences.

Odd Sock Day is another event that is linked to Anti-Bullying week. This day takes place in November each year as an opportunity for students and staff to express and celebrate their uniqueness.

In addition to the events that are outlined above, the school works with a number of outside agencies. CAHMS support students with mental health concerns, emotional and behavioural difficulties. St Ives School and CAHMs work closely together if there are concerns about any student.

Penhaligons Friends supports any student who has experienced a bereavement and they share their resources with schools so this support can continue in school. Penhaligons Friends has also supported St Ives School during Children's Mental Health Week.

St Ives School Nurse supports students through fortnightly drop in visits. This support is given to students who are concerned about their mental health or students with additional medical needs. Students work with the School Nurse to develop their resilience and growth mindset as well as to establish a range of support techniques.

St Ives works very closely with Action for Children who provide additional wellbeing support to the St Ives Young Carers group through monthly group work or individual meetings with the students. Regular support is given to our young carers by the school Young Carers lead.

In addition to this students are supported by a monthly Youth Worker drop-in session. Students can access this support if they are concerned about their wellbeing and mental health. Another organisation which supports students with drop-in sessions is Young People Cornwall.

More recently St Ives School has worked alongside the Intercom Trust with the aim to set up a fully inclusive LGBTQ group for all students.

'Team Around The School' is a new initiative which St Ives School has set up. St Ives School will become part of a pilot scheme where the agencies that work closely with the school to support students' mental health and wellbeing will meet with staff at regular intervals to discuss how St Ives School can further support our students' wellbeing. This will then include setting an action plan to discuss work towards reviews at each meeting. This allows us to intervene with support for young people when issues may arise, it allows for swift action to be taken and for interventions, regularly monitored and altered, supporting the needs of students.

Headstart: Through Headstart, St Ives School has become a Trauma Informed School, enabling further support for our students in facilitating their development of their own resilience and mental health.