

Supporting the Wellbeing of Every Student at Thomas Estley

At Thomas Estley Community College, we aim to promote positive mental health for every member of our staff and student body. We pursue this aim using both universal, whole school approaches and specialised, targeted approaches aimed at vulnerable students.



How do we support students' welfare and emotional well being at Thomas Estley?



We employ qualified counsellor one day a week – accepts referrals made through our Student Wellbeing Manager or another member of the pastoral team.



Any student can request to attend a ten-week course with our Mindfulness Meditation Coach, Sandy Coleman. These courses run continuously throughout the year and have consistently positive results and feedback from parents and our young people. They have supported many of our young people by giving them strategies to manage strong emotions.

Open door policy – students can receive quality time with team if they feel they need to talk. Any student can email our pastoral support email address if they do not feel able to speak out in person and a member of our team will reply or catch up with them as soon as possible.

The Beyond Bullying **GOLD Award** we successfully received accreditation in July 2020 – we are very proud of this award. At Thomas Estley we have a zero tolerance to bullying



We regularly signpost our young people to Kooth, an award-winning digital counselling and mental health support platform for children and young people. Our key stage 3 students have benefited from assemblies delivered by a Kooth representative.

Mental Health Awareness Week – School assemblies and tutor time activities to raise awareness of mental health

talk@thomasestley.org.uk

The Wellbeing Award. Developed in partnership with NCB, this whole-school award focuses on ensuring effective practice and provision is in place that promotes the emotional wellbeing and mental health of both staff and pupils.



Peer Mentoring Programme

A part of the SSAT leadership programme students set up a peer mentoring programme to support other students with a range of issues

ssat
the schools, students and
teachers network



We are proud to have a strong partnership with LCFC Community Trust and are lucky to have an Inspire Coach delivering 1-1 and small group sessions with some of our young people working on development around their confidence, character and positive engagement. Lunchtimes are also busy for our Inspire Coach, organising extra sport activities two days a week, which are very well attended!



Learning South Leicestershire School Sports Partnership provide sporting activities for our young people to engage in, promoting their emotional health and wellbeing. They support us with providing an extra-curricular inter-school competition schedule that our school teams participate in.

What external agencies do we engage with in order to support our young people?

We seek external support when required to ensure the emotional well-being of all our students. We support a multi-agency approach when necessary to ensure we give our young people the best chances when facing adversity.

Some of these agencies are listed below:

The Bridge Youth Advocacy Program is a mentoring program for children between 7 and 15 years old. Mentoring is a proven method of promoting social skill development and healthy decision-making by teaching through example. Mentors help at-risk youth develop a more positive outlook on their futures, improve academically, and get along better with their peers and family members. For more information



Through our referrals, Barnardos have supported some of our young carers through 1-1 support sessions in school, organising outings and activities, helping the family to get support from other local services and much more.

**TURNING
POINT**
inspired by possibility



Turning Point provide dedicated support to young people, families and carers who are struggling with the effects of drug or alcohol misuse.

The Child and Adolescent Mental Health Service (CAMHS) helps children and young people who have been referred by another healthcare professional. Referrals are made if it has thought the child or young person has emotional and/or behavioural difficulties at a level which requires specialist support. We provide a range of services including initial assessments, therapy, group work, emergency assessments and in-patient care. If our young people are supported by CAMHS through a GP referral, we liaise as closely as possible with an allocated worker to support them effectively with managing school life.



Jasmine House
Leicester rape crisis

Jasmine House provides free confidential support and information for women and girls who have experienced any form of sexual violence at any time in their lives.



NHS
Leicestershire Partnership
NHS Trust

We work closely with our School Nurse, making referrals when necessary to support our young people with concerns regarding self-harm, sleep hygiene, diet, emotional wellbeing and sexual health clinics for our key stage four students.

Staff Training and development

Mental health leads have received external training on all aspects of Mental Health:

Including National training: Measuring the mental wellbeing and improving the lives of young people

All staff receive frequent updates on any national developments

Our staff have received detailed guidance on how to support students with their mental health



We currently have 5 members of staff mental health first aid trained



All our teaching staff have been signposted to the short courses on MindEd e-learning in order to help boost their confidence when supporting our young people with their mental health.





Student Wellbeing Zone

As well as our usual curriculum which incorporates a focus on wellbeing, we have a dedicated, staffed wellbeing zone.

The Wellbeing zone is a key resource for our students and provides them with a safe place if they need it. As well as being a quiet area, it is also a base for 1-1 support sessions, small group work and study time for students accessing a part-time timetable.

“The Well-being Zone has really helped me at school. It is a quiet place to go for support for the times you really need to calm down, then I can get back into lessons” – Year 10 girl

“It’s a place of safety you can go, if any student needs to talk something through and have someone there you can confide in” – Year 11 girl

“Sometimes it’s just the reassurance that there’s somewhere and someone there on the bad days” – Year 10 boy

“It’s a great supportive and nurturing environment where young people can be themselves, a real asset to the school” – Local Authority Youth worker

