



Mental Health and Well-Being support at Sirius Academy West

As an Academy we are committed to supporting our students achieve their potential, not only academically but by ensuring they receive the support they require to develop a positive mind-set.

Wrap around Pastoral Care (Universal offer to all students)

The main priority of our pastoral team is to ensure the safety and well-being of our students. Our wrap-around care begins with daily contact with a tutor, which then is supported by regular contact with the Year team, made up of a Year Leader and Year Assistant. We then have two members of the Senior Leadership Team who are responsible for overseeing the pastoral system and ensuring systems of support are in place for all students. In addition to this support all members of the pastoral teams receive current training in support systems for our students including Mental Health 1st Aid, Barnardo's WRAP training and 1st Aid qualifications.

PSHE Curriculum (Universal offer to all students)

All students across the Academy in Year 7-11, have a time-tabled lesson of Personal, Social, and Health Education each week. This curriculum is bespoke to Sirius Academy West and the context we serve and the needs of our students. The curriculum gives students knowledge of key content that is not covered within the core academic curriculum and is constantly evaluated for student and staff opinion. Although there is no qualification attached to the subject, we feel that the knowledge gained in terms of positive relationships, mental well-being, coping mechanisms are crucial in giving our students a balanced Curriculum offer to support their well-being alongside their academic offer.

Lesson 1 Programme

All students in Year 7-11 take part in a consistent lesson 1 programme which complements the PSHE Curriculum. The Lesson 1 programme is structured to support the personal development and well-being of our students and includes PSHE, Character Education and VESPA lessons. Furthermore, through the lesson 1 programme we have weekly assemblies which focus on specific topics which develop both well-being and cultural knowledge. Examples this year include Children's Mental Health Week, National Anti-Bullying Week and Mental Health Awareness Week.

Emotional Literacy Support Assistants (Targeted offer to identified students)

We have 8 trained ELSA members of staff within the Academy. These staff work with identified students to focus on their emotional well-being, ranging from supporting social skill development, reducing anxiety and developing strategies to support emotional control. This process is started with a referral from either the pastoral team or a member of support staff.

Educational Mental Health Practitioner (Targeted offer to identified students)

We work alongside the NHS to have Educational Mental Health Practitioners work in the academy to support our students. These practitioners work on Cognitive Behavioural Therapy (CBT) and provide support for anxiety, self-harm and confidence building as examples. The process for this work begins with a referral form completed by the year team and then taken to a consultation with NHS staff to ensure the support is appropriate.

Peer Mentoring programme (Targeted offer to identified students)

We have a cohort of 23 peer mentors who are trained through the National Peer Mentoring accreditation. These students work on a 1-1 basis with students from a younger year group to support their transition to the Academy. The reasons for referral range from supporting students with the social aspect of school, reducing stress and anxiety through speaking to an older student or discussing strategies to improve success in lessons.

School Nurse (Targeted offer to identified students)

We have a school nurse in the academy for 3 days per week.

Links with external agencies (Bespoke offer to identified students)

As an Academy we engage with several external agencies to add further support for our students. These agencies include Dove House, Banardos, Advotalk and Cornerhouse. The support that these agencies offer varies, dependant on identified student need.

Finally, as an Academy we would encourage any students or parents / carers to visit the www.howareyoufeeling.org website. This website provides quality information on support for students and their families with regards to mental health and well-being.

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