

Our Whole School Approach to mental health and wellbeing

At Values Academy we are committed to adopting a **whole school approach to mental health**. This means that the emotional and mental wellbeing of the young people in our care is at the forefront of our mind.

The children who attend our school have struggled to keep their places in mainstream school for many different reasons. Often they might have difficulties with developing relationships, maintaining friendship or interacting socially. It is our mission at the school to work with the individual child, assessing not only their educational need but their emotional need also.

How do we do this?

Each child is unique and our therapeutic plans reflect this. Their curriculum may be prioritized to focus on areas of Personal, Health, Social and Emotional Development (PHSE) which the child needs, or Outdoor Learning Environments may be deemed necessary to enhance learning in a calm and nurturing environment.

Therapy may be offered to some young people on a 1:1 basis, or as part of a group activity to address specific area. We work with a psychodynamic therapist to deliver therapeutic interventions and to maintain our therapeutic thinking about the child.

We work with parents

Children achieve better educationally when their parents are involved in their schooling. We aim to support parents to both support their child's education as well as their child's emotional wellbeing. In the Summer Term 2019 we will be offering an Attachment• Based Parenting Course (venue to be decided) which will help parents and children to get the most out of their relationship.

We develop our staff

We begin by ensuring that our staff have the opportunity to learn about the children they are working with. We do this through a combination of whole- school continuing professional development and reflective practice groups. In the reflective practice groups staff can think about the work they are doing, what is working and what may need to be done differently. Staff are encouraged to develop their own mental health and wellbeing learning portfolio, collecting evidence of elearning, courses etc.

We build partnerships with other agencies

We are busy building relationships with other providers to enhance the therapeutic curriculum in school and to improve the mental health and wellbeing of our students.

In Nuneaton we have our own allotment which is a space, not only for growing and learning, but where children can build their self- esteem, group working, cooperation and their resilience. In Birmingham we have links with The Grow Project, a charitable organisation which offers opportunities for outdoor education and personal growth.

We are welcoming a mindfulness and Yoga teacher into our schools with the intention that it is on a regular basis.

We are working towards a Wellbeing Award for School in recognition of our success in promoting positive social and emotional wellbeing, mental health and wellness for pupils and staff in our school.