



Heart



Mind



Connect

Emotional Health & Wellbeing

The emotional health and wellbeing of every student at the academy is of the utmost importance to us.

Our provision can be considered in three 'levels'. Universal provision is our approach and support of all students and includes the positive relationships we develop and our approach to teaching and learning. In addition we ask every student to complete a survey on a regular basis which informs us of their mental health state and level of happiness whilst at school. We combine this information with what we observe of students and where we feel students need extra support we would move them to 'level 2' provision. This would mean they would spend time with a member of staff and possibly other students working on a specific area of their mental and emotional health. We have a range of possibilities here which include mindfulness lessons, mentoring and bereavement support amongst others. For some students who are really struggling with their mental health, we have 'level 3' provision which consists of highly specialist counsellors coming into the academy to work with them in a confidential and safe manner.

We are constantly listening to feedback, observing students and evaluating the impact of our work and as such we often change and refine our provision. In the era of COVID-19 this is of paramount importance and we will keep you informed about what support we provide via the wellbeing section of our website and through regular updates.

For links to external sources of information on staying mentally and physically well, visit our [Health & Wellbeing page](#)