



Referrals are needed for students to access: -

Early Help Mental Health Team

CAMHS

Alternative Provision

Please discuss any worries that you have about your child's well being with their Pastoral Manager



REFERRALS

external counselling/therapy, i-Rock, My Time, Dragonflies, Winston's Wish

CONTACTS FOR WELLBEING ISSUES:

Year 7: Mrs Humphries

Year 8: Mrs Kemp

Year 9: Mrs Austin

Year 10: Ms Browning

Year 11: Ms Fuller

ACTIONS

School based counselling, external Counselling/therapy, Group / 1:1 speech and language input, 1:1 support, Mental Health First Aid, Zones of Regulation, Anxiety/Anger Gremlin
Signposting to Young Minds, E-Motion and academy website

SCREENINGS & SUPPORT

Identify at-risk pupils through analysis of data, including progress data, behaviour points, attendance etc. Pupil Voice, Strengths and Difficulties Questionnaire (SDQ), Anxiety Analysis, Boxall Profile

WHOLE ACADEMY STRATEGIES

- Six principles of nurture
- A PSHE curriculum, planned with pupils' needs in mind and the assembly/ tutor programme
- Staff training on responding sensitively but effectively to challenging behaviour
- Consistent application of the school policies and teacher standards
- Effective pastoral support

PROMOTING AND SUPPORTING MENTAL HEALTH AND WELLBEING IN SCHOOLS AND COLLEGES

Good mental health and wellbeing helps children and young people:

- develop
- attend school
- engage in learning
- fulfil their potential

Bexhill Academy contributes to wellbeing by providing:

- a safe, calm and supportive learning environment
- early targeted support for pupils and learners who need help