

External support:

- If wellbeing intervention has not made a positive impact and your child is still experiencing persistent low mood or exceptional anxiety, we recommend consulting your GP for more support
- In the event of suicidal ideation or significant self-harm where life is at risk, call 999

Some websites you might find useful:

[CAMHS Dorset](#)

- In the section 'I'm a parent/carer' you will find a useful guide about talking to teenagers about mental health, wellbeing and top tips for talking to your child. Also the link: 'feelings and emotions' which covers a variety of reasons that contribute to low mood

Useful self-referral support for your child

(also on the Metal Wellbeing First Aid Card):

- Chat Health– Dorset (07480 635511)
- UP in BCP <http://www.upinbcp.co.uk>
- Kooth www.kooth.com

Support with specific issues:

- Autism Wessex www.autismwessex.org.uk
- Mosaic– a charity offering support to bereaved children
www.mosaicfamilysupport.org
- Space Youth Project– support for LGBTQ+ young people or people questioning their sexuality and identity
[Home | Space Youth Project](#)

This list is not exhaustive, please go to [CAMHS Dorset](#) for more useful websites and ways to

St Edward's SHARP System

The SHARP System (Student Help Advice Reporting Page System) is a resource which allows our students to report any problems completely anonymously that they may have in or out of school and without fear of any incidents such as bullying, weapons, hate crime and anti-social behaviour which occur within the school and local community.

<https://st-edwards.thesharpsystem.com>



We communicate a variety of information and updates on our social media sites, including important days in the mental health and wellbeing calendar as well as mental wellbeing resources for you to use when supporting your child.

Facebook: St Edward's School

Twitter: @stedwardspoole

Instagram: St Edward's School



St Edward's
School

Unity - Achievement - Faith

Supporting our Students' Mental Wellbeing and Fostering Resilience



At St Edward's, we are committed to supporting the wellbeing and resilience of all students. We hope that in partnership with you we can form strong and emotionally courageous young people.

Who can support my child in school?

All staff are committed to developing healthy minds and safeguard student wellbeing safety. Your child may already have someone they feel comfortable to talk to. If they are unsure, here are other supportive adults:

The Tutor is the first person they see in the morning and someone they see each day, therefore a great first point of contact.

Learning and Behaviour Support Workers (LBS) each key stage has an assigned Learning and Behaviour Support Assistant; they can support the day to day needs of your child.

The Director of Learning each year has a Director of Learning who oversees the pastoral and academic progress of your child.

The Pastoral Team if your child's wellbeing is impacting their daily life and additional support is required once the above options have been explored, the Director of Learning can make an appropriate referral to specialist staff in the Pastoral Team.

The Mental Wellbeing Leads in the school keep up to date with and implement the current guidance about mental health and continue to raise awareness with our students.

Victoria Pirie: Assistant Headteacher/Designated Safeguarder, Mental Health

Tanya Knowlton: School Counsellor

Shannon Fitzmaurice: Mental Health Champion

Supporting positive wellbeing in the curriculum:

PSHE/RSHE

Mental wellbeing is a topic delivered as part of the school's PSHE curriculum. This includes:

- How to maintain positive self-esteem
- Metacognitive approaches to aiding self-regulation and avoiding stress
- Resilience to bullying
- How to support other's wellbeing
- How to manage our own mental wellbeing in times of stress and anxiety
- Addressing the challenges of living with mental health conditions

Tutor time and assemblies

Wellbeing has been a topic of discussion and students have access to a Wellbeing Card and the accompanying PowerPoint. Topics covered include:

- 1) Understanding and recognising our emotions
- 2) Practicing positive wellbeing
- 3) Utilising strategies to promote positive mental wellbeing
- 4) Supporting each other

Mental Wellbeing Cards

All students have been issued with a Mental Health First Aid Card, signposting them to support in the school and links to external agencies that are age appropriate. All students are encouraged to keep and use this card in case there comes a time they need it. Please do ask to see this and we encourage you to discuss the benefits of self referral with your child and ask that you encourage openness about emotions and wellbeing at home. Talking is critical:

When we talk about our feelings, they becomes less overwhelming, less upsetting, and less scary"

Fred Rogers

For further information and advice we recommend: <https://youngminds.org.uk> or <https://www.nhs.uk/mental-health/self-help/guides-tools-and-activities/five-steps-to-mental-wellbeing>



Celebrating **Children's Mental Health Week and Mental Health Awareness Month** allows us to explore current themes with our students safely as a supportive school community.

