

# Mental Health and Wellbeing Support at Newark Hill Academy

## What happens in the Academy to promote mental health?

All children access an ambitious curriculum which promotes mental health. Our PSHE curriculum is designed to nurture children to be confident and happy, increasing their capacity to learn and preparing them for the challenges of the modern world.

Children are provided with opportunities to develop their emotional intelligence and life skills.

Mental Health Champions are nominated to support other children within school.

Some children need a little extra support.

We have a team of staff who work in the Academy to support individuals who may need early help support:

- Teaching Assistants
- Mental Health Support Team Practitioners
- A Pastoral Lead
- Inclusion Lead

Occasionally, a child may have more complex mental health needs. We can signpost you and support referrals to specialist agencies such as behaviour and emotional health teams and MHST and CAMHS.

These sessions usually take place outside of school with medical professionals.



## What can I do if I have concerns about my child's mental health?

### Academy

Speak to your child's class teacher or one of the inclusion team. We can then either put direct support in place or signpost you to appropriate agencies and services.

Visit your GP to discuss your concerns.

### Charities

<https://www.youngminds.org.uk/>

<https://www.mentalhealth.org.uk/>

<https://www.nipinthebud.org/films-for-parents-carers/>

If you have any questions about the way we promote being mentally healthy in our Academy or you have a concern about your child please pop in for a chat.

### Inclusion Team

Mrs Sonia Kendal- Principal

Mrs Rizwana Farooq- Deputy Principal

Mrs Samantha Leadbeater- Assistant Principal

Mrs Frankie Shortland- SENDCO

Miss Fran Fitzgerald -Pastoral Lead

