

Our Lady's Catholic College

Wellbeing Strategy



Our Vision

Learn, Live, Love together in a Caring Catholic Community

Inspired by our divine teacher Jesus and with respect to the traditions of 'faith in action' from the Catholic Church through the centuries, our mission is to give every one of our young people the holistic education that enables them to live life to the full. Central to enabling that fulfilment will be:-

- Sharing with them the gift of a life lived in the love of Christ.
- Helping them develop wisdom as well as knowledge so that their future choices will enhance their lives and the lives of others.
- Nurturing in them a sense of awe and wonder so that their spirituality grows and they appreciate the magnificence of nature and are confident of their unique place in it.
- Treating all our young people with the dignity that ensures their sense of self-worth is a solid foundation for their own happiness and teaching them to replicate this respect for others as a spring of mutual understanding and regard in their wider communities.

Introduction

Mental health is a state of wellbeing in which every individual realises his or her own potential, can cope with the normal stresses of life, can work productively and fruitfully and is able to make a contribution to her or his community (WHO, 2018).

At Our Lady's Catholic College we want staff and students to be resilient in every area of their school and wider life. We want all members of our community to have faith in themselves and those around them to realise that any of life's obstacles can be challenged by working together; using the faith we have in Jesus and the love he shows to us, to ensure the path we follow is the correct and just direction God has planned for us.

Key Objectives

Remove the stigma around mental health and create a culture where pupils, staff and parents feel confident to talk about mental health

Promote good mental health and wellbeing in all staff and students

Identify causes of common mental health issues and find ways to keep everyone well

Provide support for everyone who has been identified with a mental health problem

Respect diversity and promote equality

Build external partnerships to support students to achieve their best

Give parents information about mental health and support them to help their children

Audit results from January 2019 and October 2019

	Strengths	Areas for Improvement
What pupils say	My school cares about all its pupils and how they are feeling 89% of pupils stated they do learn about mental health in school 87% of pupils stated that when they accessed support for mental health in school it was quite helpful or very helpful 87% of pupils said that the school gives helpful support for pupils moving from primary school to Year 7	Feeling comfortable to talk to someone in school about how I am feeling Teachers know when I am feeling worried or unhappy
What staff say	88% of staff feel able to recognise signs and symptoms of a young person who may be experiencing poor mental health	47% of staff did not know of school policies referring specifically to staff mental health 30% of staff haven't received specific training on mental health and wellbeing through school
What parents say	100% of parents who stated they did know of policies relating to mental health, rated them as effective	41% of parents disagreed that they are provided with information to support the mental health and wellbeing of their children 58% of parents stated that over the last month they had felt anxious

Key Actions Planned

	Action	
Pupils	Continuum of wellbeing with signposting Introduce 'Trust Time' in Y7 with form teachers and Y12 with pastoral support officers Train wellbeing ambassadors Reintroduce PSHE lessons in KS3 Series of assemblies about mental health	
Staff	Continuum of wellbeing with signposting CPD around wellbeing and mental health Review key policies with wellbeing in mind and share those with staff Increase times to socialise within school time Introduce supervision for key staff Introduce the use of Wellness Action Plan for those returning to work after a period of stress and for those still at work who report feeling more stressed than usual	
Parents	Information booklet about wellbeing and mental health Provide information at parents' evenings	

How we will evaluate progress

Annual survey of staff, pupils and parents

Half termly wellbeing survey for staff. Support offered to staff. SLT to review causes stated as increasing stress.

School Community Governor Committee will receive termly updates about pupil and parent wellbeing

School Resources Governor Committee will receive termly updates about staff wellbeing