

## WELL-BEING PART 1: An introduction to Well-being



At NHGS we place great emphasis on the well-being of all staff and students in the school. The school's vision states that "co-operation is at the heart of all we do"; NHGS is a school "where everyone strives to achieve their goals and is mindful of the right ways to do so."

We have a clear focus on safeguarding and mental health, and have built a team which provides outstanding well-being provision. We have worked hard over recent years to raise awareness of well-being and to break down taboos surrounding mental health through RPSE lessons, assemblies, displays around the school, and

presentations to parent focus-groups. A survey of the whole school student population showed that nearly half had had well-being support at some time in their school careers. Numbers of referrals from staff, and student self-referrals have increased, but crucially there have been far more

**98% OF STUDENTS WERE HAPPY & 100% FELT SAFE IN THE SCHOOL**

early interventions, dealing with issues before they progress to more significant levels. The results of parental surveys from the various Parents' Evenings last year showed that a remarkable 98% of students were happy and 100%

felt safe in school. Results such as these are extremely gratifying, but there is never room for complacency. The Pastoral, SEND and Well-being teams constantly strive to provide joined-up support which signposts students to the best help possible, whether this is internal or involves external agencies.

Developing in students a capacity to learn is obviously a very important aspect of what we do at NHGS. But we also want to prepare students for life, to build resilience and to develop the means to look after their own well-being. This is why at NHGS our motto is Living to Learn, Learning to Live.

**Mr D R Wood, Vice Principal**

### FULL-TIME PROFESSIONAL COUNSELLING |

happy and well young people become successful, resilient adults



My name is Mrs Booth and I became the Well-being and Engagement Officer at NHGS five years ago after running the Noah's Ark Counselling Service just down the road. I have been a counsellor for ten years and, alongside that, an English teacher and Year Group Leader for over twenty years in several secondary schools. This enables me to offer not only counselling, but also engagement support for exam stress, revision strategies, organisational issues, friendship problems, confidence-building and resilience, plus boosting concentration and motivation.

NHGS is unique in Calderdale in recognising that a full-time, professionally qualified counsellor can provide the early intervention needed to nip well-being issues in the bud. Our belief is simple: that happy and well young people become successful, resilient adults. We think that students learn more effectively in a school environment where there is support for their welfare, happiness and engagement with life inside and outside school. As Public Health England reported, good well-being levels in students have a more significant impact on their academic achievement than their IQ (*'The Link between Pupil Health and Well-being and Attainment'*, 2014).

Most commonly students present with **anxiety, low mood, bereavement, low self-esteem, eating and sleep problems and relationship issues.**

**SO, WHAT'S ON OFFER**

- ❑ Drop-in emotional support at any time, with no waiting time, in a space conducive to talking.
- ❑ One-to-one professional counselling, usually weekly.
- ❑ Referrals accepted from students themselves, friends, parents and any member of staff.
- ❑ Well-being training & support for all staff. There is evidence that young people are happier when they feel they belong to a school environment where everyone's well-being is a priority.
- ❑ Student feedback & evaluation on every intervention means that if there are aspects of school life creating stress, the school makes appropriate changes.



My name is Mrs Lamb and I am the School Welfare Officer. There are many aspects to my job which together are all about looking after the well-being of students. My role involves working alongside the pastoral team to help support the students from the moment they set foot in school in Year 7 to when they leave. Students know my door is open for them to drop in at any time, whether for a quick bit of reassurance or for more deep-seated issues.

I am also responsible for assisting and coordinating any medical needs a student may have whilst at NHGS. This includes any short term ailments for which they require support, or if longer term, working alongside the school nursing team and medical teams connected to students' needs to draw up and implement health care plans where needed. I also liaise with staff to coordinate the medical information for school residential and day trips.



My name is Mrs McMillan and I am the Senior Support Assistant in the school's SEND department. I've worked in schools for many years, supporting students with a range of additional needs including ASD, dyslexia, dyspraxia, physical disabilities and behavioural issues. I've been fortunate to work at NHGS for eight years and enjoy working with a fantastic bunch of students. My role includes: -

**Supporting students.** This may be offering practical support e.g. working alongside students to develop revision timetables, managing homework/exams or providing emotional support, confidence building and a 'friendly listening ear' when required.

**Supporting a lunchtime club,** where students are able to chat, play games and form friendships in a supportive environment.

**Working alongside the SENDCo** to liaise with students, parents and outside agencies to help provide holistic support to pupils.

**Providing transitional visits** for incoming students with additional needs, to help alleviate their anxiety and provide the best possible transition.