



Sunnyside Spencer Academy Supporting Wellbeing (included within the school Development Plan)

Intent

- Identifying areas of risk to physical and mental health so that they can be minimised and managed appropriately.
- Promoting a culture of care and concern for our people, which demands that everybody accepts responsibility for their own and others' wellbeing.
- Promoting a culture of open conversation so we talk about our wellbeing and mental health having our friends in mind and make support available when employees may be struggling.
- Providing a comprehensive training offer aimed at providing people with tools for managing their total wellbeing, including mental health.
- Putting in place a system of management practice and controls, which enables employees to enjoy a healthy work-life balance, whilst recognising the impact of personal choice and lifestyle.
- Ensuring the promotion and maintenance of the highest degree of physical, mental and social wellbeing.
- Making sure working environments are healthy, safe, secure and suitable.

Implementation

- Ensuring children have regular opportunities to take part in learning beyond the classroom shows the importance placed on the wider curriculum in our curriculum offer. E.g forest schools, trips, residential.
- Children access SCARF PSHE sessions, workshops and assemblies. This enables open and free discussions around key issues.
- Ensuring mental health problems are identified early and appropriate support provided through our Nurture provision.
- Children identified for further support are referred to the Nurture Team who complete a Boxall Profile to identify the support required and nurture group provision suitable.
- All staff know the importance of mental health awareness and a member of staff is trained as a Mental Health First Aider. This also includes adult Mental Health.
- We have a wellbeing lead who ensures that there are regular opportunities for staff to enjoy a range of activities.
- The IT curriculum provides pupils with modern skills within technology including e-safety awareness.
- We have comprehensive safeguarding procedures in place at Sunnyside Spencer Academy. Our safeguarding team are displayed around the school and children are aware of who they can go to if they have any concerns.

Impact

- Children and their adults have mutual trust, respect and support from the school.
- Children feel safe and love coming to school.
- Pupils at Sunnyside Spencer Academy are engaged in their learning.
- Lunchtime behaviour incidents have reduced due to positive engagement in play.
- Our children are developing their knowledge and understanding of the rich, cultural heritage of modern Britain.
- Our parents are invited to half termly Connect and Shine meetings where they can talk openly. It is also a time that we raise awareness about mental health and special educational needs.
- Parents feel listened to and have a great involvement in the school community that is shown in their commitment in attending school activities and events.

- Pupil questionnaires demonstrate pupils feel safe and well cared for in school. They identify who can help them and who they can talk to.
- Children have a positive mind set in all that they do and are resilient.

Wellbeing Support:

Children

Breakfast Bagels
 Attendance Rewards – Attendance
 Badges
 Breakfast with a Book
 Transition Weeks
 Wake and Shake / Learning Zone
 (extended schools)
 Forest Schools
 Positive Play
 Nurture Provision
 Sports Coach
 Mental First Aid Boxes
 Mindful Moments within class
 Cosmic Yoga
 Worry Monsters
 Weekly Drumba
 Headspace
 SHINE awards
 Pupil Leadership
 Use of toolkits to support choice and
 challenge within lessons
 Young Carers Champions
 Mental Health First Aider
 Two members of staff trained in
 Buddies at Playtime
 Counselling Young Children
 CPOMS accessible to ALL members
 of staff
 Healthy Tuck Shop
 Nurture Breakfast
 Year 6 SAT Buddies with Staff

Staff

Recommendations implemented from
 workload reform review,
 KIT days
 Reduced planning expectations, team
 planning, additional time for
 Support part-time contracts
 planning for following half term,
 effective feedback, revised
 Friday Fish and Chips
 marking policy
 Staff Shout Outs – Weekly
 Briefings
 Transition Weeks
 Wellbeing CPD
 Wellbeing Wednesday
 Wellbeing Support for staff
 identified
 Staff Voice
 Perkbox
 Communication – weekly phase
 meetings, Briefing
 Time to read academic research
 Open door approach – collaboration
 Option to take PPA at home
 Social Events – Summer and
 Winter, Half Termly
 Gift of Kindness Cup
 Whole Staff Wots App Group

Parents

Support from Pupil and Family
 Liaison Leaders
 Family Wonder Day – Nottingham
 Uni
 Parent Workshops
 Supporting Parents with
 qualifications
 Weekly
 Newsletter/Twitter/Facebook/Website
 Termly Events, Big Family Quiz,
 Treasure
 Breakfast with a book
 Hunts, Family Picnic
 Food Bank Vouchers
 Connect and Shine meetings



Sunnyside Spencer Academy



Whole School

At Sunnyside Spencer Academy, we celebrate a SHINE ethos. We want all pupils to be Successful, Happy, Independent learners, feel Nurtured and enjoy a range of Enriching learning experiences. We work together to promote wellbeing and help prevent problems. Our supportive school and classroom climate and ethos builds a sense of connectedness, focus and purpose, the acceptance of emotion and vulnerability, warm relationships and the celebration of difference. We promote staff wellbeing to ensure all staff have the opportunity to talk about their own wellbeing.

Targeted Programmes and Interventions

Our effective SCARF programme and Academic Resilient Program explicitly teach social and emotional skills, attitudes and values, using well trained and enthusiastic teachers and positive, experiential and interactive methods and resources. We integrate this learning into the mainstream processes of school life.

Identified pupils have 1:1 or group nurture support to address their own emotional needs through our Nurture Provision.

Wellbeing at Sunnyside



Engage the Whole Community

We engage pupils through encouraging pupil voice, authentic involvement in learning, decision making, and peer-led approaches through our pupil leadership roles. Parents/carers and families are encouraged to share and be apart of their child's learning through a range of opportunities. Governors are also actively involved in ensuring wellbeing is seen and understood as a priority area for all stakeholders.

Professional Learning and Staff Development

Staff understand and reduce the risk factors that can affect wellbeing, and help pupils develop the resilience to overcome adverse circumstances. We have a positive mind set plan to identify pupils healthy mind needs and intervene early through our Nurture Provision. Our clear transition programmes from starting FSI and learning year 6 help all pupils cope with predictable life changes and transitions. All staff are aware of new challenges posed by information technology, such as cyber bullying. Two members of staff are qualified Young Carers Champions and Counselling Young Children

Supportive Policy

Our robust policies and practice ensure key areas such as behaviour, anti-bullying and diversity, including tackling pre-judice and stigma around mental health are addressed.

Behaviour management

Our Behaviour for Learning ladder responds wisely to 'difficult' behaviour, both responding actively with clear consequences and also understanding its deeper roots, taking opportunities to model and teach positive alternatives.

Targeted Responses and Identify Specialist Pathways

We provide more targeted and intense work on social and emotional skill development for pupils in difficulties, including one to one and group work with the support of the Nurture Provision at Sunnyside We use specialist staff to initiate innovative and specialist programmes to ensure they are implemented authentically, transferring responsibility to mainstream staff whenever possible, to ensure longer term sustainability and integration. • Where pupils experience difficulties, provide clear plans and pathways for help and referral, using a coherent teamwork approach.