



Wellbeing WILL

Sunnyside Spencer Academy

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.
- Childrens voice is assessed through Mental Health assessment tools.
- 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
- School has links with the Mental Health Support Team and the Healthy Family Teams.
- 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 Beehive
- Breakfast with a Book
- Transition Weeks
- Wake and Shake / Learning Zone (extended schools)
- Forest Schools
- BRAIN
- Positive Play
- Nurture Provision
- Sports Coach
- Mental First Aid Boxes
- Mindful Moments
- Worry Monsters
- Weekly Drumba
- SHINE awards
- Sunnyside Universities
- Use of toolkits to support choice and challenge within lessons
- Young Carers Champions
- Mental Health First Aider
- Buddies as support network
- 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
- Support part-time contracts
- Planning for following half term
- Friday Fish and Chips
- Marking policy
- Staff Shout Outs – Weekly Briefings
- Transition Weeks
- Wellbeing CPD
- Wellbeing Wednesday
- Wellbeing Support for staff identified
- Staff Voice
- Communication – weekly phase meetings
- Briefing
- Time to read academic research
- Open door approach – collaboration
- Social Events – Summer and Winter, Half Termly
- Whole Staff Whatsapp Group

Parents

- Family Wonder Day – Nottingham University
- Parent Workshops
- Supporting Parents with qualifications
- Weekly Newsletter/Twitter/Facebook/Website
- Termly Events, Big Family Quiz, Treasure Hunt. Family Picnic
- Breakfast with a book Family Picnic
- Food Bank Vouchers
- Connect and Shine meetings

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.

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 a part 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.

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 Spencer Academy

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 FS1 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

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.

Supportive Policy

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