

Holy Trinity

Academy

Pastoral and

Mental Wellbeing

Support



Pastoral staff members at HTA:

Miss Potts– Pastoral Manager and Pastoral Lead for **Liddell**

Pastoral Lead for **Fry– New member of staff to join**

Mrs Padfield– Pastoral Lead for **Johnson**

Miss Nelson– Pastoral Lead for **Assisi**

Mrs Handy– Mental Health Lead

Miss Cooper-Abbs– Education Welfare Officer

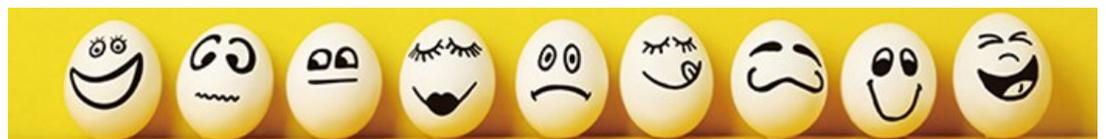
What is pastoral care?

Pastoral care is the provision in school to ensure the emotional welfare of students. It is the foundation upon which learning can take place. Pastoral care not only fosters pupils academic progress it also personal development.

Why is Pastoral Support important?

All parents want their children to be safe and happy at school. The importance of pastoral care goes beyond this. Education and health and well-being are closely linked and recent studies have shown that pupils with better health and wellbeing re likely to achieve better academically.

Pastoral care is fundamental to the development of character and social skills which will be critical to students in later life.



Student Wellbeing Ambassadors

In school we now have 23 student wellbeing ambassadors who are trained to support other students with their mental health and wellbeing. These students are awarded a certificate and wear a badge on their blazers so they are easily spotted by other students.



Our Wellbeing Ambassadors will work hard in promoting wellbeing and supporting mental health with students across school. They will also help instigate a whole school challenge to raise awareness of 'Wellbeing' with the support of Mrs Handy.

Ambassador Skills



- Listening
- Non judgemental
- Motivated
- Empowering
- Supportive
- Responsible
- Reliable
- Good communication



NEW: Art for Wellbeing afterschool club

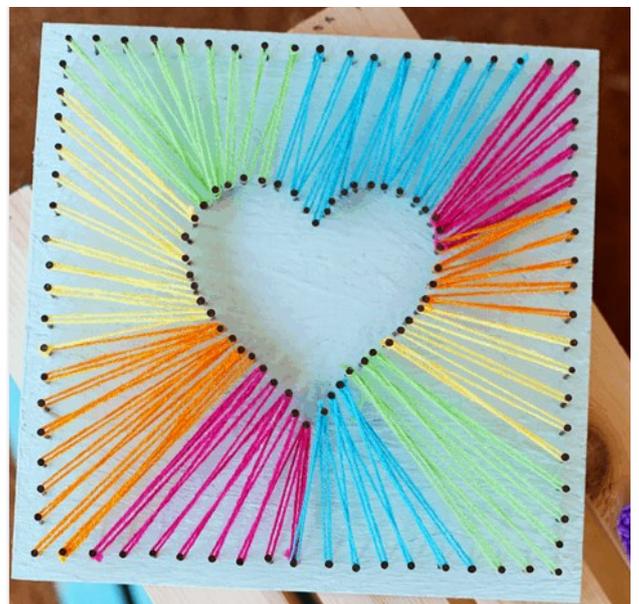
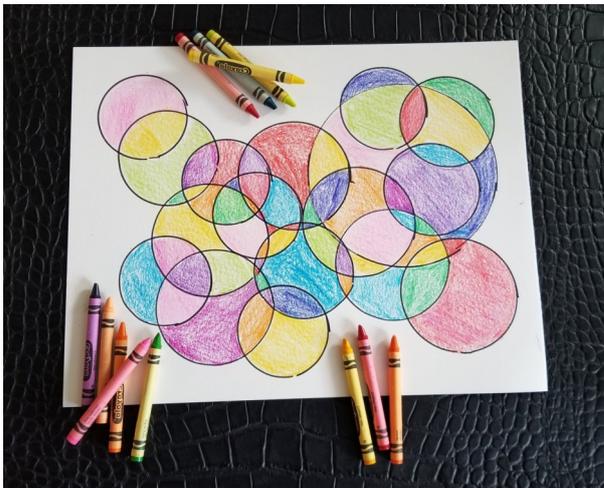
with Mrs Handy

Mrs Handy is running an art for wellbeing afterschool club each week
14:40-15:40 on Tuesday's.

Students wont need to have any art experience or expertise, this will be a
free choice as to what the students would like to do using art therapy
methods to help calm the mind and support emotional regulation.

There will also be weeks where we use crafts as a mindfulness task.

There will be lots of options on offer and will be very much student led.



Online mental health and wellbeing parenting support sessions

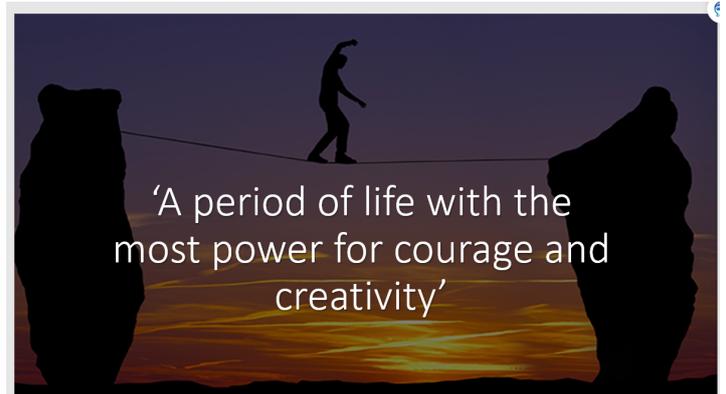
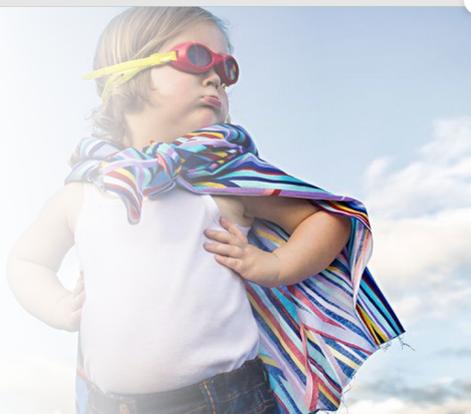
Each half term Mrs Handy runs online mental health and wellbeing parenting support sessions. Some of the topics include:

- Building resilience in young people
- Parenting the anxious adolescent—2 parts
- Understanding the adolescent brain
- Understanding young peoples self-harm

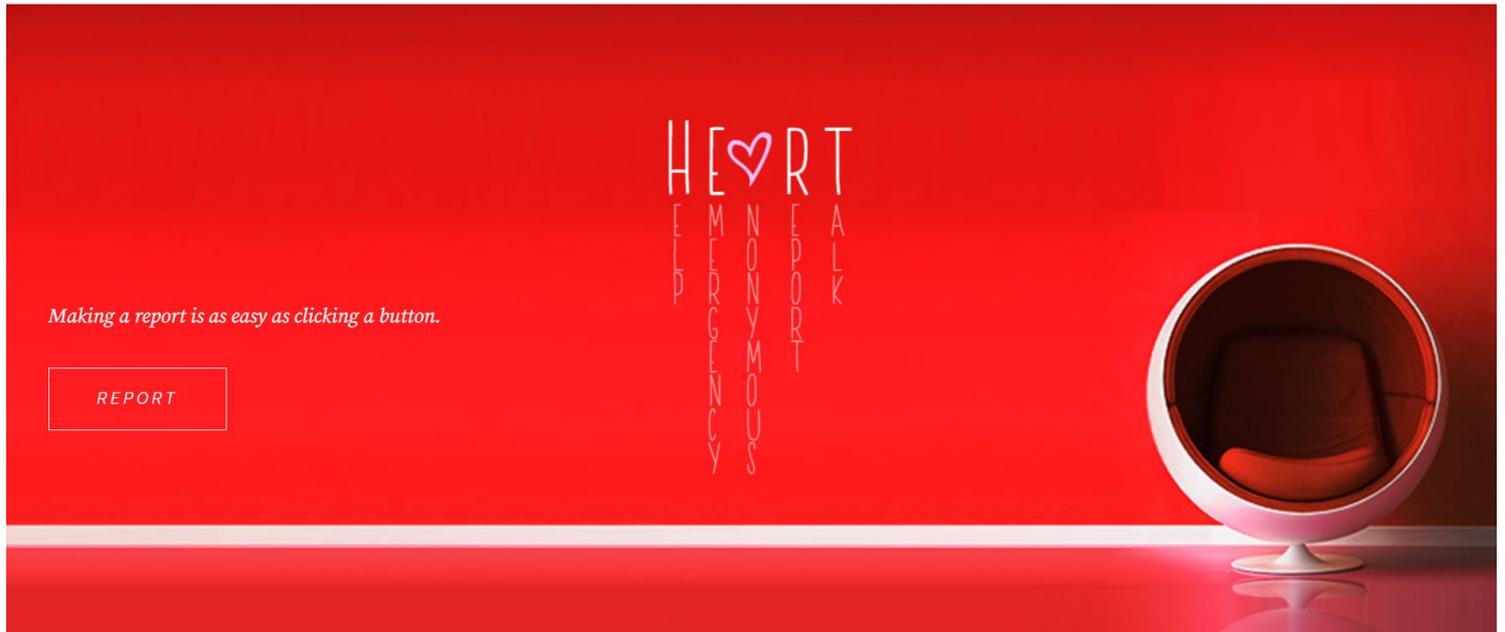
The sessions are put together based on the need that is seen in school and what parents have shared to make it appropriate and relevant to parents at Holy trinity Academy

What is resilience and why does it matter?

- 'To have wellbeing, you must have resilience' (Rick Hanson)
- Resilience is the ability to bounce back and continue to move forward in the face of challenging situations
- Resilience is not never being frightened or scared, it is being able to feel these very normal emotions and remain upright.
- The good news is resilience is something that can be nurtured and grown over time.



HEART system at Holy Trinity Academy



The HEART System (Help Emergency Anonymous Report Talk) which allows young people to report any incidents which occur within the school and local community anonymously and without fear. Aside from the reporting tool HEART delivers educational content to raise awareness on a wide range of subjects including: Bullying, Health, Community Issues, Weapons and Hate Crime.

HEART is a web based tool which is personalised and created by Holy Trinity Academy and managed by SLT/Pastoral, This is a unique tool made just for you to provide comfort and to put your mind at ease, Everyone deserves to talk.

The HEART System promotes inclusion, safeguarding, e-safety and provides additional opportunities for students to report their concerns.

Parenthood...

The most rewarding job in
the world

And also the toughest

Need some advice about your
child's behaviour or emotions?

Contact YoungMinds'
Parents Helpline

0808 802 5544

youngminds.org.uk/parents

YM Parents
Helpline

0808 802 5544

youngminds.org.uk
Mon-Fri 9.30am-4pm

YOUNGMINDS

Beam Drop-in Sessions

Autumn/Winter 2022

BEAM is an emotional health and well-being drop-in service for young people under 25 years old who are registered with a GP in Shropshire, Telford or Wrekin.

Mondays, 12-4pm (last session 3.15pm)
The Lantern, Shrewsbury, SY1 4NG

Tuesdays, 10-6pm (last session 5.15pm)
Beam, 9 Market Square, Wellington, TF1 1BP

Thursdays, 10am-6pm (last session 5.15pm)
Beam, 9 Market Square, Wellington, TF1 1BP

NEW
Starting
22 October

Saturdays, 10am- 2pm
(Last session 1.15pm)
Beam, 9 Market Square,
Wellington, TF1 1BP

Email: shropshirebeam@childrenssociety.org.uk

Instagram: [@shropshirebeam](https://www.instagram.com/shropshirebeam)

Beam

Shropshire
Telford and Wrekin



Free, safe and anonymous mental health support.



SCAN ME!



Chat to our team



Helpful articles



Community Support



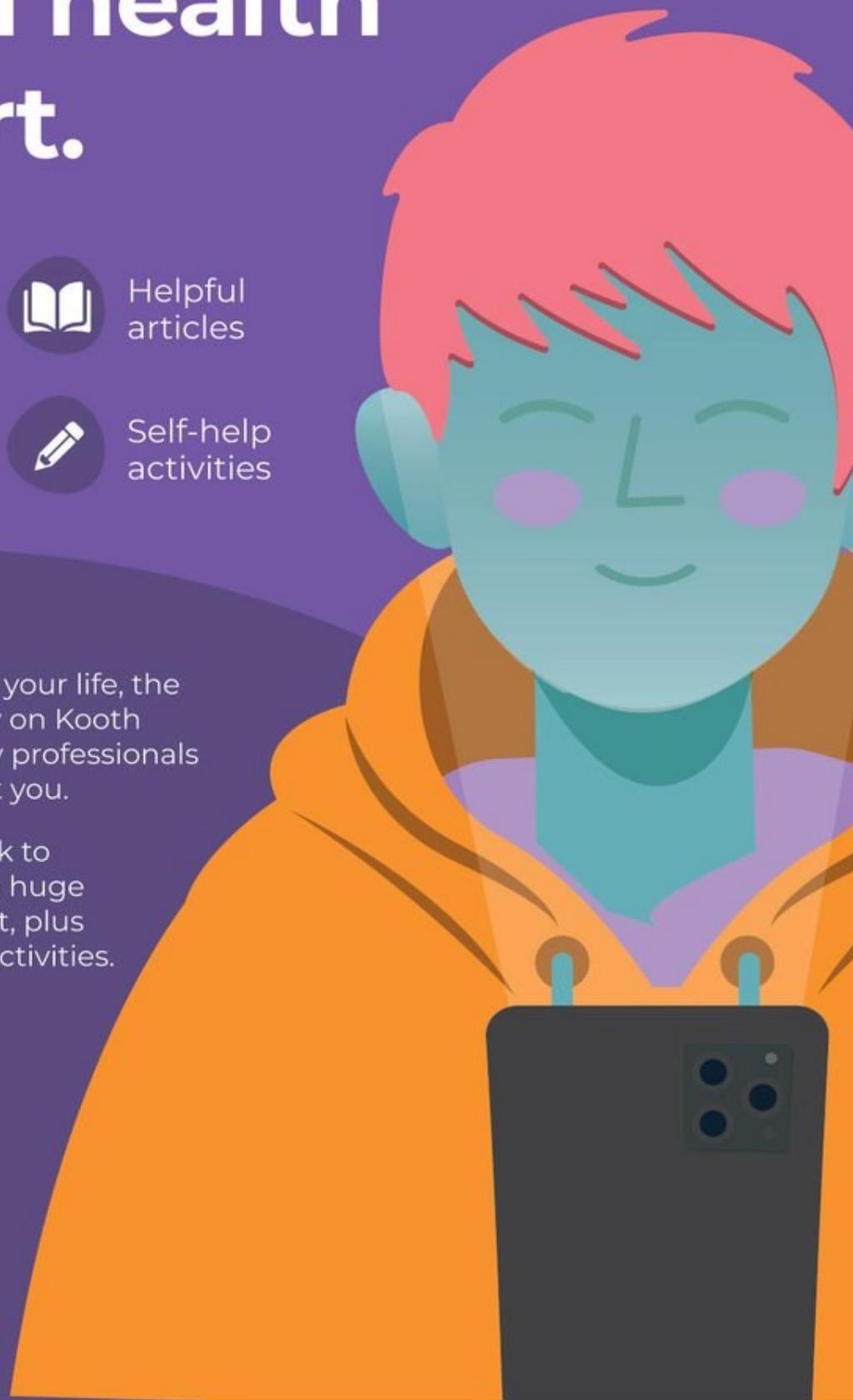
Self-help activities

Whatever is going on in your life, the anonymous community on Kooth and our team of friendly professionals are here to help support you.

Or if you'd rather not talk to anyone, we've also got a huge library of helpful content, plus self-help tools and fun activities.

Sign up today at
kooth.com

kooth





Here **4** Parents

Helping you support your child's Emotional Health and Wellbeing

Emotional Health and Wellbeing School Nurse here to provide
confidential advice and support for parents with children
aged 5-19

Every Monday 9am-2pm from the 3rd of October 2022,

At

Sutton Hill Medical Practice

(Child health clinic room at the rear)

Maythorne Close,

Telford TF7 4DH

Please call 0333 358 3328

To book your face-to-face or

Online appointment



Helpful apps and websites



CLEAR FEAR

Help to overcome anxiety

The headspace logo consists of a yellow background with a smiling sun face in orange and yellow. The word "headspace" is written in black text with a small orange circle above the 'h'.

headspace

App to help calm the mind– mindfulness based



Calm Harm is a totally free app that helps you ‘ride the wave’ of the urge to hurt yourself, because the urge feels most powerful when you start wanting to self-harm.

YOUNG MINDS
fighting for young people's mental health

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

Offering support to both young people and parents



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

Support for mental health and wellbeing