













# Our Mental Health Charter

Theme	Rationale	What we provide	Core Value
 <b>Promoting resilience</b>	Promoting resilience is a positive way in which students adapt to the adverse challenges they will face in life and manage their emotions.	<ul style="list-style-type: none"> <li>Academy Interventions.</li> <li>Assemblies</li> <li>Form Time Activities</li> <li>Reflection Room in Hub</li> <li>Key people we can talk to</li> <li>Core values are embedded across the academy</li> <li>Mental Health First Aiders</li> </ul>	<b>Compassion</b>
 <b>Making healthy choice</b>	Offering healthy choices will encourage students to prioritise their physical well-being, which release endorphins which are known to reduce stress and improve sense of belonging.	<ul style="list-style-type: none"> <li>Extra curriculum activities</li> <li>Free salad in canteen</li> <li>Fruit can be purchased</li> <li>Purpose built Gym</li> </ul> 	<b>Aspiration</b>
 <b>Healthy relationships</b>	Healthy relationships with peers and staff are incredibly important for well-being and are known to reduce anxiety.	<ul style="list-style-type: none"> <li>Buddy system</li> <li>Form time and subject activities</li> <li>Key people we can talk to</li> <li>Pastoral system</li> <li>House events and trips</li> <li>PSHE curriculum</li> <li>Restorative Justice system</li> </ul>	<b>Equality Respect</b>
 <b>Managing emotions</b>	Helping children and young people understand and manage their emotions so they are better able to regulate their own responses.	<ul style="list-style-type: none"> <li>Mental health First aiders</li> <li>Website</li> <li>Academy based interventions</li> <li>Independent Academy Counsellor</li> </ul>	<b>Compassion</b>

Theme	Rationale	What we provide	Core Value
 <b>Creating a safe, supportive environment &amp; sense of belonging</b>	Children and young people that feel like they belong at school, have higher levels of emotional and physical wellbeing which is linked to better academic performance and achievement.	<ul style="list-style-type: none"> <li>Hub / Reflection Room</li> <li>Staff are visible in red coats and present before and after school.</li> <li>BFL system</li> <li>Student services</li> <li>Quiet Break &amp; Lunch Club</li> <li>Pupil Voice</li> <li>Student Council</li> </ul>	<b>Respect</b>
 <b>Talking about Mental health</b>	Helping children and young people understand that mental health is something that we all have. We should be aware of it and learn skills to look after it.	<ul style="list-style-type: none"> <li>Assemblies</li> <li>Form time activities</li> <li>SEMH mentors</li> <li>School Nurse</li> <li>Kooth assemblies</li> <li>Mental health display board</li> </ul> 	<b>Respect</b>
 <b>Reward &amp; Recognise</b>	Rewarding and recognising hard work can increase confidence and students feels valued for their contributions.	<ul style="list-style-type: none"> <li>Assemblies</li> <li>Attendance &amp; Achievement end of year trips</li> <li>Rewards system – House Points</li> <li>Certificate</li> <li>Form time cookies</li> <li>Pizza parties</li> <li>Reading challenge</li> <li>Parents evening</li> </ul> 	<b>Aspirations</b>