LONGSANDS ACADEMY
Astrea Academy Trust
LEARN, THRIVE, SUCCEED

Student Mental Health & Wellbeing Statement of Intent

This Statement of Intent is underpinned by Astrea Academy Trust's Purpose.

Our purpose is to give all Astrea students an advantage throughout life, setting them up to be accomplished and competitive in all that they do. We have this ambition for all students, whilst recognising that the most disadvantaged amongst them will benefit most from our work.

The Astrea Academy Trust 2030 sets out that *'we always go further for children who need more from us, whatever the reason. We build schools around the needs of the most vulnerable and disadvantaged, knowing that this will serve all children well'.*

At Longsands Academy, we promote positive wellbeing and mental health though creating a sense of belonging for all scholars through our values of scholarship, curiosity, tenacity, responsibility and respect. We also believe that scholars should 'work hard, be kind and achieve more' through their actions.

Our trained Scholar Mental Health Lead works alongside our Senior Leadership Team to foster a culture of early identification of need, and coordinate clear, accessible support pathways which are tailored for secondary aged scholars.

In addition to promoting wellbeing and positive mental health, we aim to provide a safe and stable environment in which we recognise and proactively respond to signs of mental ill health. Our bespoke graduated response details universal, targeted and more intensive approaches, where required.

We are committed to ensuring scholars have access to timely, high-quality support and intervention. Where required, we will work with external partners to request expert support.

In addition, scholars may be identified as having a special educational need and receive support overseen by the school's SENCO (please see the school's SEND Information Report for more information).

We endorse the NHS "5 Steps to Mental Wellbeing". These steps underpin the mental health training we provide to staff and the subsequent support strategies promoted to students.

At Longsands Academy we fulfil the 5 Steps to Mental Wellbeing through the following examples:

- Lunchtime clubs
- Peer mentoring
- Extra-Curricular Activities
- Integrated PE curriculum
- Developing knowledge and new skills every day.
- Language Leaders
- Charitable events
- Musical showcases
- Breakfast Club
- Uniform shop
- Celebrating achievements
- Daily gatherings
- Reflecting on current affairs

Additionally, with the aim of providing lifelong skills to our scholars, we are committed to embedding mental health and wellbeing education across every year group, as part of our Personal Development curriculum. Scholars are taught how to recognise signs of declining mental ill health in themselves and others, how to seek appropriate support, and how to use practical strategies to care for their own wellbeing. We actively challenge stigma around mental health by creating safe spaces for discussion and encouraging openness. Parents and Carers can access information on current health and wellbeing topics and how these are covered by contacting the academy via enquiries@astrea-longsands.org.

We encourage preventative and supportive conversations and welcome the families of scholars to speak to school staff about any circumstances which may affect their child's wellbeing. There are staff at the academy who are specifically responsible for safeguarding and supporting families with early help needs. For more information, please see the academies' Child Protection and Safeguarding Policy which is available on the academy website.

Key Contact Details:
Scholar Mental Health Lead: Mr Milne
Designated Safeguarding Lead: Mr Milne
Special Educational Needs and Disabilities Coordinator (SENDCo): Ms Doolan