

Welcome to our very first newsletter,

This year, as you may be aware, St. Bede's is one of 17 secondary schools in England and Wales piloting Mind's high-profile, exciting new way of looking after the mental health of everyone involved in school life. We call it our Whole School Approach to Mental Health.

The project is designed to **enhance the mental health and wellbeing of your entire school community** through interventions and support planned with you in mind.

We would like to **thank everyone who has supported the project so far** by completing the Whole School Mental Health Survey, attending Action Planning Groups and speaking to us at school events. Your involvement, and a strong collaboration with school leaders, has resulted in the following Action Plan that we are excited to be able to share with you here in this newsletter.

We look forward to working with you and your school across the rest of the academic year,

Jess & Adam at Lancashire Mind

The Action Plan for Students:

Resilience

Five one-hour workshops delivered during lesson time by the WSA team, to equip young people with an 'invisible resilience toolkit' to support their mental health and wellbeing.

Targeted to Year 7
and Year 11 students

Informational Assemblies

All pupils will have Year Group assemblies delivered by the WSA team, covering Exam and Assessment stress, and how to find support inside and outside school

Targeted to all year groups

If you would like to get involved or find out more, please get in touch:

School Contact: Mr Shepherd

WSA Contact:
jesshale@lancashiremind.org.uk

