

The background is a gradient from dark purple at the top to dark blue at the bottom, with a starry or particle-like texture. On the left side, there are several overlapping circular elements. A prominent one is a large circle with a scale around its perimeter, marked with numbers from 140 to 260 in increments of 10. Other circles are partially visible, some with dashed lines and arrows, suggesting a sense of motion or a process. The overall aesthetic is technical and futuristic.

# PROMOTING RESILIENCE AND MENTAL HEALTH AWARENESS

# WORKING TOGETHER TO FOSTER POSITIVE MENTAL HEALTH AND RESILIENCE IN OUR YOUNG PEOPLE.

- “For I know the plans I have for you” declares the Lord, “plans to prosper you and not to harm you, plans to give you hope and a future” Jeremiah 29:11

# OUR SCHOOL MISSION

- Our mission at St Thomas More School is to help our students to grow morally, spiritually and intellectually, developing their God-given talents so that they become men and women for others, able to contribute fully to society by using their unique talents for the “greater glory of God and the common good”. We want students to see themselves as God sees them, unique, special and loved beyond measure because they are made in His image.
- There is a direct correlation between a student’s mental well-being and their performance at school and success in life. To meet the challenges that students face and to fulfil their full potential students need to feel emotionally well-balanced and to have the resilience to cope with set-backs without becoming disheartened.

# WHAT ARE THE MOST COMMON TYPES OF MENTAL ILLNESS OR FACTORS THAT CAN PREDISPOSE CHILDREN TO MENTAL ILLNESS?

- Depression
- Self-harm
- Friendships
- Generalised Anxiety Disorder (GAD)
- Post Traumatic Stress Disorder (PTSD)
- LGBT
- Having a physical disability or a learning disability
- Eating disorders

# THE SCALE OF THE PROBLEM

- **The Organisation for Economic Co-operation and Development (OECD) recently issued a questionnaire to 540,000 15 year old students in 72 countries.**
- **The findings of this survey were that 1 in 6 pupils are unhappy.**
- Teenagers taking part in the survey were asked
  - If they were happy at school
  - If they felt a sense of belonging
  - Whether they ate breakfast
  - If they had an evening meal with parents
  - How they spent their time outside school, including whether they did an hour of exercise a day
  - Whether they had experienced bullying

# SO WHAT CAN WE DO TO HELP AND WHAT CAN CHILDREN DO TO HELP THEMSELVES?

- **So in order to get the best out of our children and enable them to grow into well rounded, happy and resourceful people we need them to:-**
- be in good physical health, eat a balanced diet and get regular exercise
- have time to play or relax both indoors and outside
- be part of a family that gets along well most of the time
- Go to a school that looks after the wellbeing of all its pupils. The reason this meeting is taking place ticks that box I think.
- take part in local activities for young people outside school where they can meet different people.

# WHAT OTHER FACTORS ARE ESSENTIAL FOR MENTAL WELL-BEING?

- feeling loved, trusted, understood, valued and safe
- being interested in life and having opportunities to enjoy themselves
- being hopeful and optimistic
- being able to learn and having opportunities to succeed
- accepting who they are and recognising what they are good at
- having a sense of belonging in their family, school and community
- feeling they have some control over their own life
- having the strength to cope when something is wrong (resilience) and the ability to solve problems.

# SUPPORTING POSITIVE MENTAL HEALTH AT ST THOMAS MORE SCHOOL

At St Thomas More Roman Catholic School we seek to engender positive mental health and resilience in all of our students as well as providing help and support to students if they do experience difficulties. This support is offered through:

- The pastoral system and the role of the tutor.
- An ethos of compassion and forgiveness that underlies all relationships at STM.
- A personal development programme that explores issues surrounding mental health and aims to build resilience.
- Qualified school counsellors and a dedicated pastoral team including a Pastoral Lead and a Family Support Officer.
- An expansion of the safeguarding team so that all Heads of Year, as well as members of the Senior Leadership Team, have received their safeguarding lead training.



# THE PASTORAL HUB

- The base for our safeguarding team is the pastoral HUB, a building located next to our sixth form centre. It provides a safe and welcoming environment for our more vulnerable students and is the area from which our Pastoral Lead- Elizabeth McSweeney- and our Family Support Officer- Natalie Moore- conduct most of their professional duties. Students receive pastoral support at designated times within the Pastoral HUB as and when the need arises. The HUB is also open to any student that wishes to come along at break and lunch times and a range of anxiety management and resilience programmes are delivered at these times. We are also currently developing a team of sixth form mentors whose base will be in the Pastoral HUB. These sixth form mentors will provide an additional layer of support for our students.

# WHAT SHOULD I DO IF I AM WORRIED ABOUT MY CHILD'S MENTAL HEALTH?

- Try to talk to them about it and let them know that you care and are there for them if they need you.
- If your child does not feel comfortable talking to you about how they are feeling encourage them to speak to someone else that they trust.
- If you think that your child could be suffering from a mental illness then you should make an appointment for them to see their GP.
- If necessary, the GP can then refer your child to their local child and adolescent mental health service (CAMHS) for specialist help.
- If you are worried about any aspect of your child's mental health you can call the charity YoungMinds' free parents' helpline on **0808 802 5544** for advice.