Frome Vale Academy

Children's Well-being Approach 2025/2026

Rationale

Well-being is at the heart of everything we do at Frome Vale Academy and is core to our main purpose:

Providing opportunities to embrace diversity, develop positive values, teach life skills and love learning, to enable personal achievement

Health and Wellbeing should encourage pupils to explore and clarify their beliefs, attitudes and values; develop personal and interpersonal skills and increase their knowledge and understanding of a range of health issues.

At FVA health and wellbeing is not the responsibility of any one teacher or subject but is best addressed through contributions from a range of teachers in several curricular areas.

Health and wellbeing are concerned with the development of life skills and life-long learning. Through these life skills pupils should learn to make choices taking account of the outcomes and experiences covered in the following areas:

- Mental, Emotional, Social and Physical wellbeing
- Choices and Changes
- Physical Education, Physical Activity and Sport
- Food and Health
- Substance Misuse
- Relationships and body development including sexual development

This school is committed to the health and wellbeing of everyone here and we will work together with parents and the local community to enable pupils to make healthy informed choices.

Aims

Our school aims to enable our children, staff, parents and everyone working in partnership with the school to develop the knowledge and understanding,

skills, capabilities and attributes necessary for mental, emotional, social and physical wellbeing, now and in the future.

We aim to:

- Plan and deliver a coherent and curriculum-based health and wellbeing education programme in line with the new learning outcomes using Jigsaw.
- Provide a supportive and encouraging atmosphere for children, staff and parents/carers.
- Develop our relationships with pupils, parents/carers and the wider community
- Work closely with outside agencies to encourage a wide range of health-related activities.
- Ensure all members of staff are aware of their professional roles in health-related issues and are involved in developments to promote healthy living.
- Develop the Well Being pupil voice group so that they influence positive change

Curriculum organisation

Emotional health and well-being cover the spectrum of activities in school and the range of educational and health/ welfare agencies who support our children.

Our school is proactive in its approach and welcomes opportunities to promote emotional health and well-being through the formal and informal curriculum. Staff use a variety of methods for ensuring sound emotional health and well-being for children. These complement and reflect the overall aims and philosophy of the school.

Our approach includes:

- Class teaching and reinforcement of our 12 guiding values
- Clearly identified rewards and sanctions, understood by all
- Rewarding positive behaviour and achievement
- Setting appropriately challenging tasks

- Providing a forum for listening and talking, e.g. using circle time as a tool for personal, social and health education and Frome Vale Citizen work
- Encouraging co-operation and collaboration
- Developing social competence
- Encouraging and developing coping strategies and resilience
- Ensuring physical activity and its benefits are high profile.

The school places emphasis on problem-solving, positive self-assessment, time for reflection, quality feedback and encouragement to participate in school and be active learners.

The delivery of personal, social and health education and citizenship is fundamental to our promotion of emotional health. Through the planned programmes and informal curriculum, opportunities exist to explore issues appropriate to children's ages and stages of development.

Staff deal sensitively with these issues and differentiate according to the varying needs of the children in their care. We see parental involvement as a vital part of emotional well-being. Regular opportunities exist to promote partnership with parents, including:

- Parents' Evenings twice a year
- Staff availability on the school playground each morning for parent queries
- Love of Learning homework opportunities
- Regular parent workshops and coffee mornings
- Annual parental questionnaires, to help us build on what we do best and identify areas for improvement

<u>Pastoral organisation for pupils</u>

We pride ourselves on the great care that is given to all pupils in our school.

Our methods include:

- Recognising and responding positively to a child's emotional and/ or behavioural needs
- Communicating with parents positively and realistically to create a partnership approach to children's emotional health and well-being
- Liaising with appropriate agencies to enlist advice and/or support

- Clear policies for Child Protection, Anti-Bullying and Attendance are promoted in school. Together, they provide the foundations for emotional health and well-being.
- Clear transition arrangements (supported by Creative Youth Network and The Nest)
- Pupil voice groups with elected membership/applications from all year groups
- Reward systems
- Play therapy
- Mediation and mentoring
- Close working relationship with The Nest, a Thrive based provision.
- Celebration events
- Heart awards

Mental Health Support Team (MHST) at Frome Vale Academy

At FVA we have access to Mental Health Practitioners (EMHPs). The approach is to use Low Intensity Cognitive Behaviour Interventions, which may include:

Individual Interventions (mild-moderate):

•Anxieties

•Specific, generalised, social, phobia, panic, separation anxiety and some obsessive/compulsive

•Low Mood

Group Interventions (usually co-facilitated with another agency):

•School-based anxieties

•Psychoeducation to support children 'thriving'

•Exam Stress workshops

•Low self-esteem causing self-harm or poor body image

Parenting Work:

•Parent-led work for anxiety

•Mild- moderate behavioural problems associated with poor mental health



Training

The Principal, DSL and mental health lead have completed Mental Health First Aid training, and the Principal has also completed a DfE funded mental health leadership course with Place2be.

Additional Opportunities

FVA takes advantage of other opportunities to support well-being. Such things may include:

- Workshops with Unique Voice
- Workshops with NSPCC
- Specialist sports coaches and events