

Wellbeing

The emotional health and wellbeing of all members of the Frederick Gent School community is fundamental to the philosophy and ethos of the school, valuing everyone, caring for each other and meeting the whole school's vision of quality, care and success.

Please find our Positive Mental Strategy and Policy:

[Positive Mental Health Policy](#)

[Postive Mental Health Strategy](#)

Frederick Gent School has been successful in gaining the Well Being Award.

The designated safeguarding lead for mental health is Rachael Skelton (Deputy Headteacher) and the mental health first aiders are Miss Leah Hine (Family Support worker) and Mrs Kirsty Savage (ALSA).

Mental health is defined as a state of well-being in which every individual realizes his or her own potential, can cope with the normal stresses of life, can work productively and fruitfully, and is able to make a contribution to her or his community (World Health Organisation)

As a school we recognise that there are times when the young people in our school can struggle with their emotional and mental health.

This can be due to the situations which all teenagers face such as exams, changes in the family and friendship breakdowns. In these cases the young people can be supported through their families and the pastoral teams in school. In some cases the young person may benefit from some additional support such as mentoring or counselling.

However, some young people experience emotional and mental health disorders which can affect their day to day lives. In these situations the young person will need additional support and we would always recommend that medical advice is taken.

We recognise that both of these situations can be difficult for the young person and their families.

As a school we support students and their families in a number of ways which include:

- PHSE days on managing mental health
- Reducing exam stress sessions for identified students
- Mentoring
- Direct work with the youth worker or family support worker
- Access to the school nurse
- Access to Kooth counselling

The school also works in partnership with:

- The school nurse
- CAMHS
- Other external agencies

If you feel that your young person would benefit from access to Kooth counselling you should access the following link: <https://www.kooth.com/>

Here they will be able to register with the site and will be able to speak to a trained counsellor through the online portal.