

The Bromfords School and Sixth Form College have long believed that the mental health and emotional wellbeing of our whole community is of paramount importance. Our motto “To learn and to care” is one that embodies the ethos of our school.

Our pastoral support has always been a strength and we want to ensure that as a school we acknowledge and support the mental health and wellbeing of every student. Safeguarding children is a key element of school life and supporting mental health and wellbeing is part of our remit to keep children safe.

The Bromfords School and Sixth Form College has appointed a School lead on student mental health and wellbeing to ensure that we create a Mentally Healthy School. Our school Lead has received training and is now a Youth Mental Health Champion. Already staff have received professional development training around the issues of mental health and this will continue year on year.

Students have been advised of some of the services they can access directly. Included is kooth.com which is a free, safe and an anonymous online support for young people. Through our personal development programme the issues of mental health and wellbeing are being discussed with students in an age appropriate manner. We have introduced five ways to wellbeing to both staff and students which are:

- Connect
- Be active
- Take notice
- Learn
- Give

For more information please go to :

<https://www.mind.org.uk/workplace/mental-health-at-work/taking-care-of-yourself/five-ways-to-wellbeing/>

We, as a school, feel we should keep parents and carers informed of the support that is available if there is a concern about their child’s mental health and emotional health. We are not health professionals but we can direct you to the best source of support if required.

We have a school nurse who can see students either by appointment or on a drop-in basis. If you would like your child to see the school nurse please speak to their Head of Year who can arrange an appointment.