

The Lowbrook Academy Guide to Happiness and Wellbeing

At Lowbrook Academy, we are committed to supporting the emotional health and wellbeing of our pupils and staff.

We have a supportive and caring ethos and our approach is respectful and kind, where each individual and contribution is valued.

At our school we know that everyone experiences life challenges that can make us vulnerable and at times, anyone may need additional emotional support. We take the view that positive mental health is everybody's business and that we all have a role to play.

The Five Ways to Wellbeing

In every term, each class will focus on one of the Five Ways to Wellbeing, as researched and developed by the NHS.

Connect – with family, friends, colleagues, classmates

Be active – walk, run, skip, dance

Take notice – be curious, reflect on experiences

Keep learning – try something new (you just haven't got it YET)

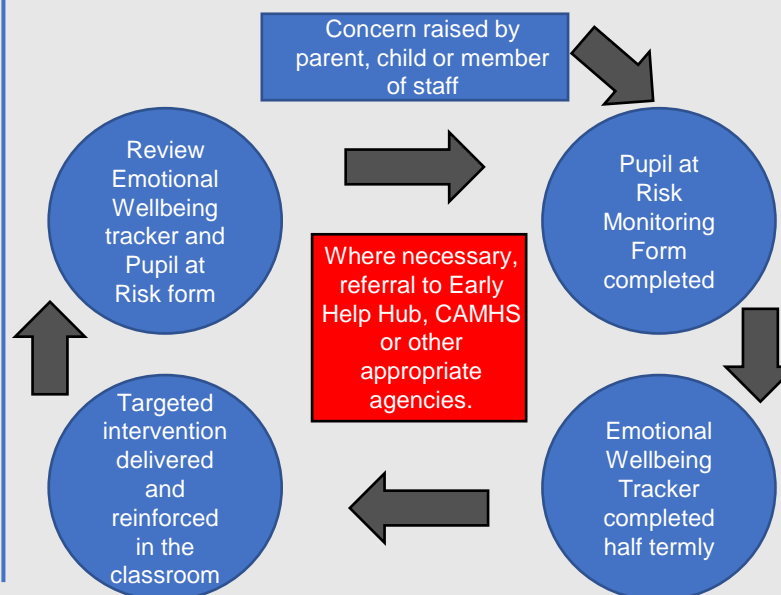
Give – doing something for others



Identifying Needs and Warning Signs

At Lowbrook Academy, there are robust systems in place for safeguarding and child protection. Any concerns about a child or staff member's emotional wellbeing will be taken seriously.

Anyone who is concerned should speak to the designated mental health and wellbeing lead in the first instance. If there is a fear that a student is in danger of immediate harm, then the normal child protection procedures should be followed.



Emotional Wellbeing Team

Mrs Frances Garland – Designated Mental Health and Wellbeing Lead and SENDCO



Mrs Kay Redjeb – Wellbeing Champion

Mrs Nicola Ivey – Emotional Literacy Support Assistant



Mr Callum Young – Emotional Literacy Support Assistant