

Learning Bulletin

Supporting our school ethos and vision for learning



The focus for this half-term is: Mental Health & Resilience.

The Tutorial Foundation is striving to ensure effective practice and provision is in place that promotes the emotional wellbeing, resilience and mental health of both staff and pupils.

Our aim is to change the long-term culture of our school, and embedding an ethos where mental health is regarded as the responsibility of all. We will achieve this through:

- Showing our commitment to promoting mental health as part of school life
- Improving the emotional wellbeing of our staff and pupils
- Ensuring mental health problems are identified early and appropriate support provided
- Offering provision and interventions that matches the needs of its pupils and staff
- Engaging the whole-school community in the importance of mental health awareness
- Capturing the views of parents, pupils and teachers through questionnaires on mental health issues

How can we achieve this?

1. Encourage students to form a positive relationship with you as their tutor.
2. As a student mentor, encourage your student to form a positive relationship with you and 'check in' with your mentees at least once a week. Report to SLT any mental health concerns.
3. Create an encouraging environment to enable students to develop their resilience.
4. Ensure all students are treated fairly, justly and respectfully.
5. Ensure you are 'emotionally available' to students whilst maintaining professional boundaries, creating an atmosphere of safety and sanctuary.
6. Staff to 'de-brief' to your staff mentor or SLT when they need to 'off-load'.
7. If you have ideas to improve your working life, feedback to Julia.
8. Marion is currently undertaking a Counselling course and will soon be available to all staff and students for mental health counselling.