



**Jesmond Park  
Academy**



**Student  
Wellbeing**



# HOW ARE YOU FEELING TODAY?

## Come and talk to the Wellbeing Team.

### DROP-IN SESSIONS

12.40-1.00pm , 2.45 - 3.15pm  
Mon—Thursday in Wellbeing  
Counselling Rooms 1 and 2

### 1:1 COUNSELLING APPOINTMENTS

By appointment - SEE YOUR YEAR  
TEAM TO ARRANGE

### SCHOOL HEALTH

Drop-In sessions  
Wednesday Lunchtimes  
in Wellbeing Office



### WELLBEING STAFF:

COUNSELLORS  
WELLBEING MANAGER  
SCHOOL HEALTH  
FIRST AID

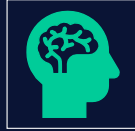
HEATHER HEARONS / PETE HARDAKER / GUEST COUNSELLORS  
RACHAEL EARLE  
GILLIAN BEGBIE  
KATHRYN CHUN

# WHAT DO WE MEAN BY WELLBEING?



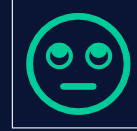
Wellbeing includes our social, emotional, mental and physical health. It can help us to think, feel, and act

## PHYSICAL



Healthy physiology allows our bodies to perform as they should.

## MENTAL



Positive mental health allows us to develop resilience and cope with the

## EMOTIONAL

'Wellbeing' means being comfortable, happy and healthy.

## Physical Health

Physical health can be defined as the normal functioning of the body.

We aim to make sure children are supported with medication, first aid and professional support and signposting as needed.

## Mental Health

Mental health includes emotional, psychological, and social well-being. It affects how we think, feel, and act. It also helps determine how we handle stress, relate to others, and make healthy choices. We aim to make sure children are supported in a safe space to explore any issues they are experiencing.

## Emotional and Social Health

Social emotional health is the ability to understand and manage our emotions and to form social connections and relationships with the world around us. We aim to make sure children are supported in realising their full potential and making good choices.

**The Wellbeing Centre** is dedicated to improving the health and emotional wellbeing of all our students, along with their families and the Community as a whole.

When young people are happy their educational chances are much enhanced and ultimately they find it easier to learn.

The Wellbeing centre works closely with the Year Teams in order to provide students with the support needed in order to fulfil their academic and personal well-being. Young people can access a range of health, social, emotional and wellbeing support at school.

## **School Health**

Students can directly interact with the 0-19 school nursing team in a safe and confidential environment via a drop in service or referral from their Year Team..

## **First Aid**

Students can access the centre if they are feeling unwell or require first aid. If your child is found unfit for school you will be contacted to collect them.

## **Counselling**

Counselling gives students the opportunity to explore their problems and address any issues that may be affecting them. It aims to equip students with the tools needed to build resilience and self-esteem whilst enabling them to make informed decisions now in order for them to prevent problems as they grow into young adults.

## **Who are our School Counsellors?**

Pete Hardaker, is a qualified counsellor with over 12 years' experience of working with children and young people in a variety of settings. .Pete is a humanist counsellor, however his approach is very much integrative as he likes to use a variety of tools and techniques in order to implement the best approach for each individual student.

Heather Hearons is a qualified counsellor with 20 years pastoral and 6 years counselling experience. Heather is an integrated counsellor offering strategies and support for all areas of social and emotional wellbeing. Including anxiety, self harm , trauma and bereavement,

## **Mentoring with NUFC and DOVE programmes**

Mentoring can help young people as they go through challenging life transitions, including dealing with stressful changes at home or transitioning to adulthood. Mentoring can support and encourage children to manage their own learning in order that they may maximise their potential, develop their skills, improve their performance, build confidence and relationships, develop resilience and character, or raise aspirations and ultimately become the person they want to be.

*Confidentiality—we aim to give students a safe space to talk however if they or someone they know is at risk of harm we will share that concern with relevant others. This is always explained to the students in advance of support being provided.*



# Common Worries....

My child has a  
diagnosed  
medical  
condition.

My child is  
worried.

My child has  
poor mental  
health.

How will JPA  
promote my  
child's wellbeing?

How can I  
support my child?

Some common worries parents often have regarding their children include concerns about physical, social, emotional and mental health.

At Jesmond Park Academy we have a robust network of professionals who can support your child's needs.

Any concerns you have regarding your child can be directed to the Pastoral Year Teams who will triage, support or refer to the relevant service, within school or to outside agencies, as is appropriate for your child.



# My child is worried

Form Tutor

Pastoral  
Teams

Teachers

Streetwise

Student  
support base

Form Tutors see your child daily and students are encouraged to speak to their Form Tutors about any worries or concerns they have.

Pastoral Teams oversee the whole year group and include non teaching Year Managers who are available for students to speak to at any time. Pastoral Teams can support any issues as well as refer students for further support if necessary.

Teachers are available for your child to discuss any worries, academic or otherwise.

Streetwise is an outside agency with a base at Jesmond Park Academy and offers mentoring support for students on a drop in basis or appointments if required. They offer advice and guidance on social and emotional worries as well as targeted intervention if needed.

Student Support Base offers support and a safe space for SEND and vulnerable students and staff are available for support throughout the day.

# My child has a diagnosed medical condition

Rachael Earl  
- Wellbeing  
Manager

Kathryn Chun  
– First Aid

Gillian  
Begbie – NHS  
School Nurse

Pastoral  
Teams

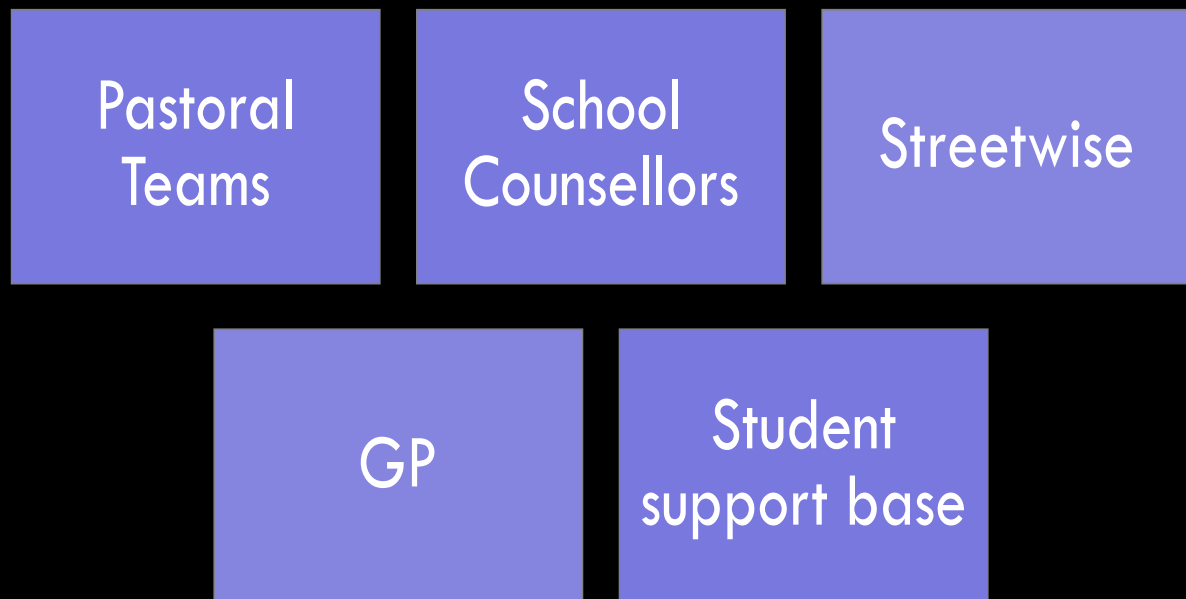
Student  
support base

## Our Wellbeing Centre supports your child's medical needs

- Your child's prescribed medication is held securely in Wellbeing and dispensed by a first aider.
- Students are not allowed to carry medication in school apart from diabetic medication, asthma inhalers and Epi Pens.
- Pain relief cannot be dispensed by Wellbeing unless it has been prescribed by a medical professional.
- Our School Nurse offers a drop in service on a Wednesday lunchtime and can also arrange appointments via your child's year team.
- The school nurse can offer support with nutritional advice / healthy lifestyle support, sleep issues, family focused behaviour support, emotional wellbeing, smoking cessation & vaping support, sexual health advice and health assessments



# My child has poor mental health



Pastoral Teams can triage and refer students with poor mental health to internal or external professionals for support.

Jesmond Park Academy have two counsellors who offer 1:1 sessions as well as drop in sessions for students who need professional support with poor mental health.

Streetwise are an external agency based on the Jesmond Park Academy site who can offer support and guidance regarding a range of issues affecting young people. Streetwise offer a drop in service as well as appointments.

Student support base offers support for students struggling with their emotional health as well as supporting SEND and ND needs,

We can also support referrals to Children and Young People Service (CYPS) and Childrens and adolescents mental health service (CAMHS).

We always recommend speaking to your child's GP if you are worried about their mental health.

## How does JPA promote wellbeing ?

Annual emotional  
wellbeing health  
check using the  
Warwick scale

Wellbeing  
Wednesdays

Street screen  
displays

Assemblies

Outside agencies

NUFC mentoring

Wellbeing  
mentoring

Citizenship  
lessons

At Jesmond Park Academy we prioritise student's physical and mental wellbeing, as we are aware that any issues may affect a student's ability to learn and feel happy and safe in the school environment .

We listen to student voices, and promote wellbeing via formal assemblies and lessons, as well as providing information via weekly wellbeing sessions in form time, corridor displays and opportunities for support.

Pastoral staff are trained in triaging students needs and referring on for further support as needed.

NUFC mentoring and wellbeing mentoring offers small group work to boost self esteem, social skills and confidence and has proved popular with students.

# How can I support my child?

01

Give your  
child  
space

02

Give them  
an  
opportunity  
to talk

03

Don't take  
"fine" as  
an answer  
- ask twice.

04

Listen to  
their  
needs

05

Keep  
communicating  
with school - let  
us know if you  
are worried

Parents often worry about how they can support their child's emotional wellbeing, especially when their child is experiencing difficulties talking about their worries and concerns.

Our top 5 tips are above to help parents support their child.

Remember that teenagers and young people may not want to share their worries for a number of reasons, however knowing that parents respect their space and are ready to listen when they do want to talk is always helpful.

If you are worried about your child's physical, emotional or mental health please contact their Year Team to discuss. We are always available to support and offer help and guidance.

Useful links:

[Teenage Mental Health \(jesmondparkacademy.org.uk\)](https://jesmondparkacademy.org.uk)

[www.kooth.com](https://www.kooth.com)

[www.familylives.org.uk](https://www.familylives.org.uk)

[www.youngminds.org.uk](https://www.youngminds.org.uk)

[www.nhs.uk](https://www.nhs.uk)

[www.themix.org.uk](https://www.themix.org.uk)

[www.streetwisenorth.org.uk](https://www.streetwisenorth.org.uk)

