



21 September 2019

Dear Parent/Carer

## Social and Emotional Wellbeing

Whilst I am aware many of you are familiar with the support available in school I wanted to take the opportunity to welcome your sons and daughters back to a new academic year and remind you of wealth of support available.

- Easy access to the Tutor, Heads of Year, Assistant Headteachers, School Chaplain and School Counsellor so issues can be addressed quickly as they arise. The school Counsellor provides a confidential service, three days a week, where your child can meet her to discuss issues which are troubling them in or out of school.
- A thorough and comprehensive PSHE programme, which includes topics such as identity, relationships, the teenage brain, managing stress, a healthy balanced lifestyle, risk, preparing for examinations, change and resilience. This is in line with new Government legislation on Relationship and Sex Education.
- The Good Life Programme as part of the curriculum to help students have a positive outlook on life and manage their own emotions.
- Delivery of a Mindfulness programme to all students in Y10, or to students who have an interest in pursuing Mindfulness in Y12.
- A whole school Wellbeing Week in February in which a wide range of activities have been planned to enable students to talk openly about mental health issues in a supportive environment.
- A student led Wellbeing journal examining the issue of mental health.
- An assembly programme led by the Senior Leadership Team, Heads of Year and School Chaplain, which deals with topics such as the safe use of online media, bullying, respect for others, resilience, mental health, personal safety and Christian values.
- Access for all students to the school Chapel, which is a place for quiet reflection during times of stress.
- Regular mentoring of Y11 and Sixth Form students by tutors and senior members of staff.
- Regular mentoring of Lower and Middle School students by Sixth Form prefects.
- The use of Form Prefects as another person to talk to beyond the teaching staff.
- The use of ASIST trained teaching staff to deal with serious situations which require more specific intervention.
- School Councils, which ensure students have the opportunity to contribute to decisions that may impact their social and emotional wellbeing.
- Signposting and access to specialist services, including Bromley Wellbeing service and Child and Adolescent Mental Health Services.



- Induction and Information Evenings for parents, as well as additional evening events including external professional speakers on teenage mental health and cardiac risk in the young.
- Paired forms in the Sixth Form where Y13 students can share their experiences and coping mechanisms with those in Y12.
- A dedicated confidence-building day in September for all Y12 male and female students to discuss issues within their respective sex.
- A mentoring programme in the Sixth Form where regular one to one discussion takes place with tutors.
- A highly specialised and bespoke programme of support for university applications which runs throughout and beyond the Sixth Form.
- Tutorial days for students throughout the school to have reflection time with their tutor.
- Regular staff training on issues relating to wellbeing.
- LGBTQ+ Society established.
- Safeguarding is regularly reported on to the Governing Body as a standing item in meetings. Dr Paul Wright is the Safeguarding Link Governor.
- A Wellbeing dog which your child can access if they wish.

We invest a great deal of time and care to ensure your child is supported and nurtured throughout their time here at St Olave's Grammar School and we hope you have found this update useful.

It was reassuring that, when Ofsted inspected the school in February 2019, their professional judgements confirmed the provision the school gives to pastoral care, student wellbeing and personal development are 'outstanding'. They noted students felt wellbeing was a school priority.

Please feel free to contact us if you have any further questions, any suggestions regarding further support we can effectively put in place, or if there is anything about your child's wellbeing you think would be useful for the school to know.

Yours sincerely,

Rochelle Maxwell  
Assistant Headteacher