

# Wellbeing Award for Schools - Update to parents

We recently asked you to take part in a survey for the Wellbeing Awards for Schools. We appreciate the feedback that was provided on this topic and will endeavour to take this on board.

This letter is to provide some additional information of some things that we are doing in school to support mental health and wellbeing that you may not be aware of.

If you have any questions, please contact Dr Adams-White for more information: [jadamswhite@stjulies.org.uk](mailto:jadamswhite@stjulies.org.uk)

students, parents and governors. The aim is to support pupils, staff and students in place to continue to review and improve further the provision the school offers for emotional wellbeing and mental health.

## The school adopts a Whole School Approach (WSA) to support Mental health

The Liverpool WSA is a citywide approach that sits as part of the local CAMHS pathway. It aims to make mental health everyone's business in Liverpool schools and other education establishments, seeking to offer a full range of services across the levels of need – from prevention to intervention.

## The Wellbeing Award

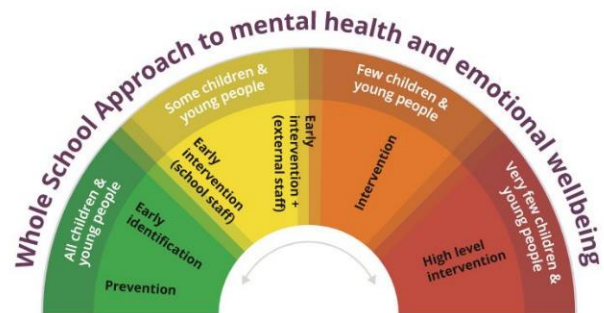
In 2022, St Julies Catholic High school was awarded the Wellbeing for Schools Award.

“Developed in partnership with the National Children’s Bureau (NCB), the Wellbeing Award for Schools is intended to help schools prepare and equip themselves to promote emotional wellbeing and positive mental health across the whole-school community.

The Wellbeing Award for Schools is a welcome opportunity to recognise the exceptional work that schools do in this area. The key features of a whole-school approach form the basis of the award, and it provides schools with a benchmark of best practice against which to test themselves. We believe that this celebration of success will encourage more schools to adopt an approach that puts emotional wellbeing and mental health at the heart of what they do.”

## The Change Team

The Change Team was set up in 2019 and consists of staff members from different departments and representatives from



## Key school staff members:

**Strategic Mental Health Lead**  
Mrs Rooney (Deputy Head Teacher)

**Senior Mental Health Lead**  
Dr Adams-White (Mental Health Practitioner)

**SENCO**  
Ms Jackson

Things we do to support the whole school approach:

- Staff training
- Awareness days and events
- PSHE lessons
- Pupil wellbeing ambassadors
- [Mental Health policy](#)
- CAMHS link worker

- WSA Network events

## In School Support

We have a strong pastoral team; as well as form tutors and progress leads, each year has a Pastoral Support Worker (PSW). Referrals are made for PSW support which includes 1:1 session, group work and additional referrals. Pupils can be supported with exam stress, organisational skills, attendance, social skills, time management and behaviour.

## Pastoral Support Workers

- Mrs Chisam
- Mrs Woods
- Ms Machin
- Miss Ainsworth (Year 7 Transition Coach)

## External Agencies

We work directly with YPAS (Young Persons advisory Service) and have a Wellbeing clinic based in school once a week in school. We are also supported by The ADHD Foundation who also offer sessions in school once a week.

Other external agencies include, Oakleaf bereavement, Marie Curie, domestic violence charities such as First Steps.

St Julie's have direct contact with CAMHS school link workers for Liverpool and Knowsley who we meet termly to discuss support.

All support can be accessed by pupils at any time. Please speak with your child's Progress Lead to discuss this further.

## YOU SAID – WE DID

### The main themes from the feedback Communication

#### You Said

- Feedback that they did not feel enough information was communicated.

#### We Did

- Directly email Dr Adams-White.
- Setting up an online referral form

- Pastoral will be available on parents' evenings
- Wellbeing Website launched with signposting
- Weekly information and signposting on weekly newsletters sent on a Friday

## Staff Training

### You Said

- Staff need more training

### We Did

- All staff are trained on signs and symptoms of mental health awareness and all pastoral support workers have additional training on Youth mental health first aid, regular CAMHS training, Emotional based school avoidance, ACEs
- Key pastoral staff members include; Progress leads, pastoral and mental health practitioner

## Parent support

### You Said

- Parents need more support

### We Did

- We work closely with CAMHS and Kooth and regular training opportunities signposted. All information about these events are communicated on the website
- Kooth parent even held Jan 2024
- YPAS triple pre-teen – Cathy Creswell.
- Parental partnership award launched in March 2024

## Further signposting

- [YPAS](#)
- [KOOOTH](#)
- [Oakleaf](#)
- [CAMHS](#)
- [Knowsley First Steps](#)
- [ADHD Foundation](#)
- [ADDvanced Solutions](#)