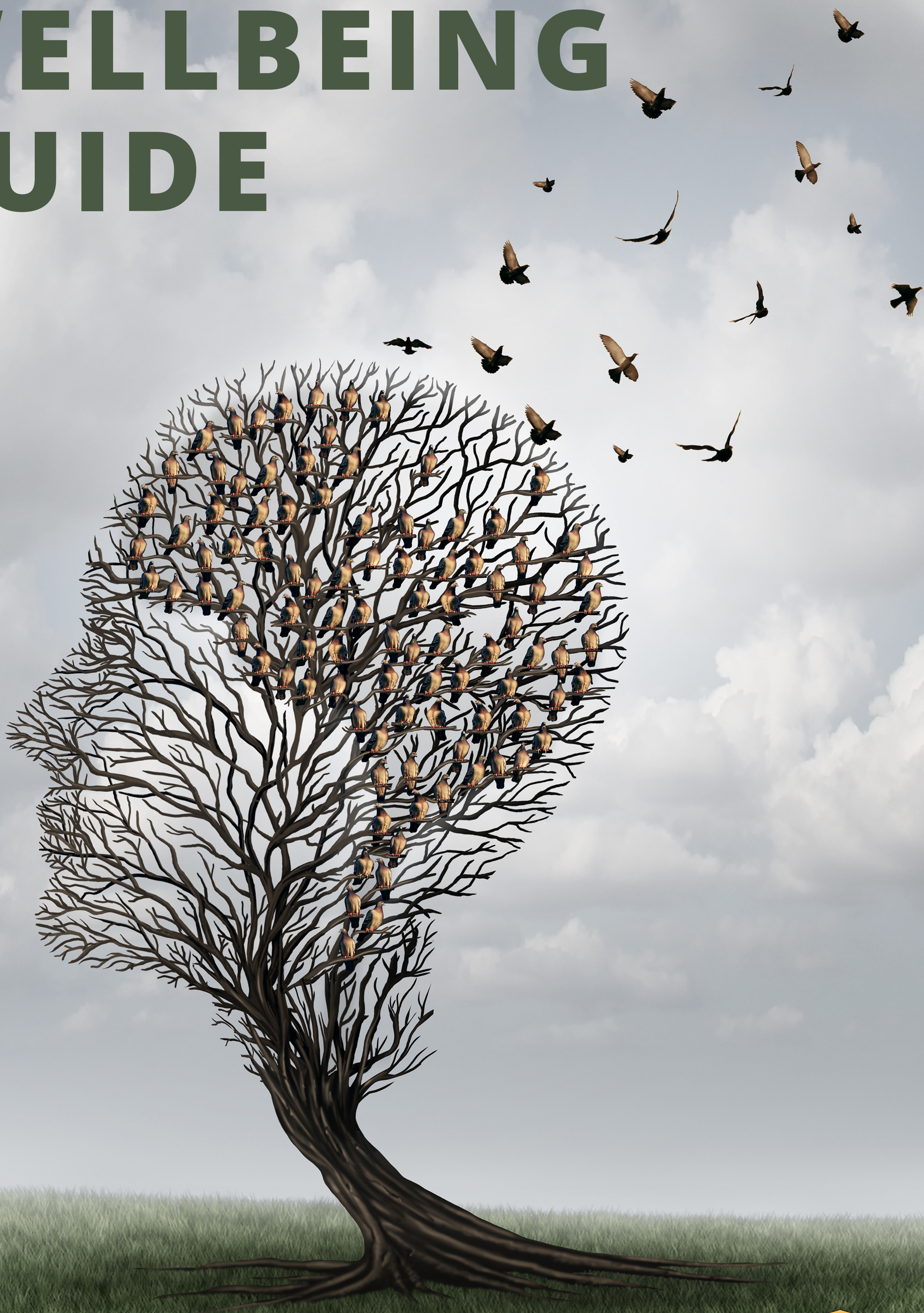


THE TRAFALGAR SCHOOL AT DOWNTON

WELLBEING GUIDE



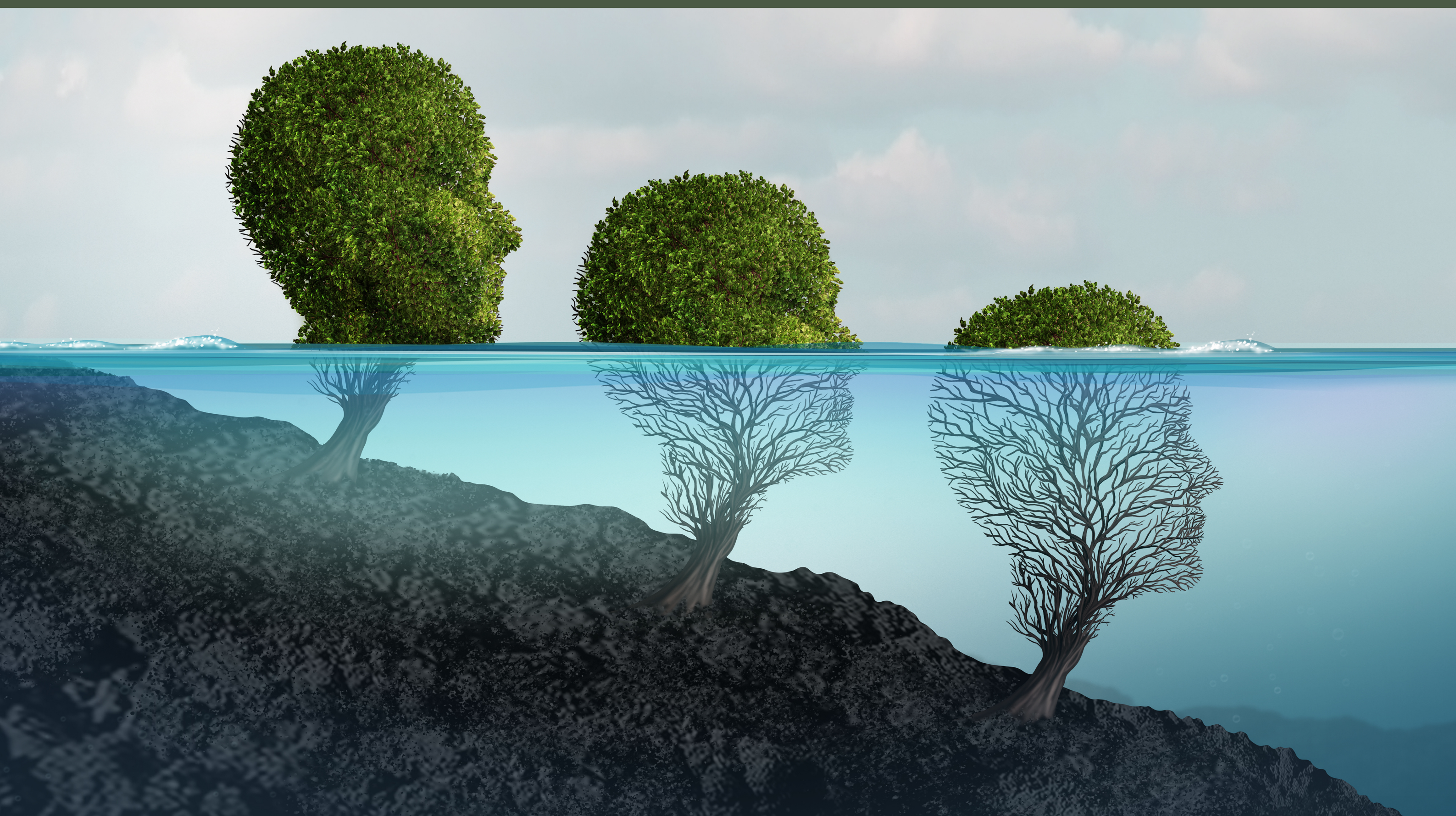
WELCOME

Welcome to The Trafalgar School Mental Health and Wellbeing Guide.

At Trafalgar it is very important to us that all of our students feel supported and cared for. Our students are encouraged to be resilient, open minded and reflective about themselves and others.

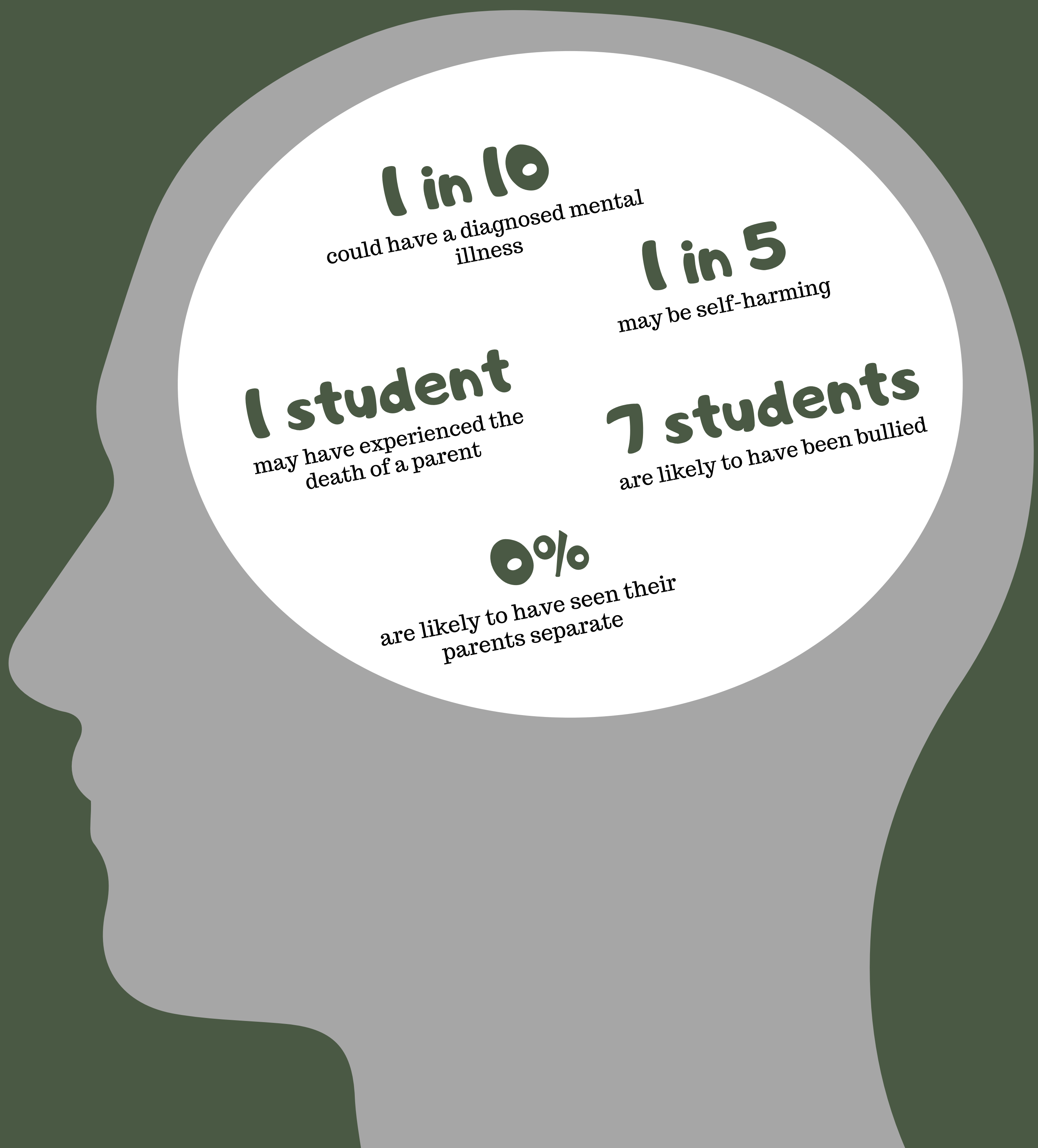
Sometimes students need a bit more support to get through difficult times in their lives and we can help you with that. This guide is intended to let you know what we have in (and out of) school to do just that.

Rachael Faulkner
Deputy Headteacher



In an average class of 30 students in the UK we know that ...

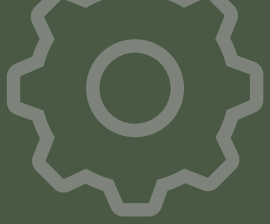
DEPARTMENT FOR EDUCATION (2018), *MENTAL HEALTH & BEHAVIOUR IN SCHOOLS*



The diagram below shows how we aim to support the mental and emotional wellbeing of our whole school:



This Wellbeing Guide has been made for students, parents and carers to know what's on offer at Trafalgar, to promote positive wellbeing for all of our community members.



PASTORAL SUPPORT

at Trafalgar

We have a wide range of support available at Trafalgar. Every student is part of a **Tutor Group** so if they have any day-to-day questions (or worries) they can speak with their **Form Tutor**. Our **Student Services** team are on hand at break and lunch time for practical support, such as if medication needs to be taken.

HEADS OF HOUSE

Breamore, Clarendon, Longford, Pembroke and Radnor

Our Heads of House oversee the pastoral care of all of the students within their House. They meet regularly with the pastoral and safeguarding team to discuss support for individuals and groups of students.



BREAMORE HOUSE
Chris Danvers



CLARENDON HOUSE
Paul Oakley



LONGFORD HOUSE
Sue Brook



PEMBROKE HOUSE
Christie Whitehorn



RADNOR HOUSE
Matthew Williams

SUE BROOK

Deputy Designated Safeguarding Lead

RACHAEL FAULKNER

Designated Safeguarding Lead

PHILIP RHOADES

Safeguarding Governor

JONATHAN CURTIS

Headteacher

Wellbeing in the Curriculum ...

Wellbeing is promoted through the school curriculum in lots of ways such as during assemblies and Tutor times. It is delivered through lessons and our Personal, Social, Health & Economic (PSHE) program covers a variety of topics relating to emotional and mental wellbeing such as healthy relationships, personal safety and self-esteem. Positive wellbeing is also addressed in other subjects across the curriculum such as PE, Science and Beliefs, Values & Traditions.

Enrichment Programme ...

Getting involved in Trafalgar's Enrichment Programme can be a great way to help boost wellbeing, as it helps students to get active and connect with others. There are a variety of different activities on offer including: Basketball, Choir, Badminton, Chess Club and Warhammer Club.

Counselling Support

Philip Rhoades is our Safeguarding Governor and is in school on a Wednesday morning to mentor students and to provide a listening ear. Any student who would like to see Philip needs to see Rachael Faulkner. Often Tutors and Heads of House will also refer students to Philip via Rachael Faulkner.

Emma Lawson is in school as our main Counsellor, on a Wednesday. Emma can support with in school Counselling, but will also recommend further professional input, via CAMHS, if she feels this is required. Please refer via Rachael Faulkner.

Dave Luft from **The Bridge** is in school on a Thursday and supports students with a variety of emotional and resilience issues. Students/Parers/Carers should refer via Rachael Faulkner if they think this may be helpful.

Macayla Beckett in Student Services meets with students on a Tuesday morning. Students may self-refer to this service by speaking to Macayla and filling in a slip in Student Services.

Charities

We pride ourselves on our ability to help others. In a normal year we raise over **£18,000** for our House charities with a variety of fun events, including our annual 'Great Big' **Sponsored Walk**. We believe that helping others also improves our **self-esteem and resilience**. This year, we are supporting the charities below.

BREAMORE HOUSE

Wiltshire Air Ambulance



Wiltshire Air Ambulance is an essential helicopter emergency medical service, primarily for the people of Wiltshire and adjacent English counties. It is run by Wiltshire Air Ambulance Charitable Trust, a registered charity.

CLARENDON HOUSE

The National Autistic Society



The National Autistic Society is a British charity whose purpose is to improve the lives of autistic people in the United Kingdom

LONGFORD HOUSE

Medical Detection Dogs



Medical Detection Dogs train dogs to detect the odour of human disease. It is at the forefront of the research into the fight against Cancer and helping people with life-threatening diseases.

PEMBROKE HOUSE

Salisbury Hospice



The hospice was able to help almost 1,000 people last year but would not have been able to do so without the funds raised by Salisbury Hospice Charity, funds which enable the hospice to continue to offer nursing and medical care, emotional and practical support, welfare advice, occupational and physiotherapy, complementary therapies, spiritual care and creative activities.

RADNOR HOUSE

Julia's House



Julia's House is a children's hospice located in Corfe Mullen, Dorset, England. It is a hospice in Dorset for children with life-limiting conditions. The majority of the children who are cared for by Julia's House are unlikely to live beyond the age of 18.

Useful Safeguarding Links for Parents & Carers ...

Wiltshire Safeguarding Vulnerable People Partnership
www.wiltshirescb.org.uk



National Society for the Prevention of Cruelty to Children
www.nspcc.org.uk

Find out how to keep your children safe from abuse and other dangers, both online and in the physical world



Stop Hate UK
www.stophateuk.org

This is one of the leading national organisations working to challenge all forms of hate crime and discrimination based on an aspect of an individual's identity. They provide independent, confidential and accessible reporting and support for victims, witnesses and third parties.



Show Racism the Red Card
www.theredcard.org

The campaign that uses top footballers to educate about racism.



The Anti-Bullying Alliance
www.anti-bullyingalliance.org.uk

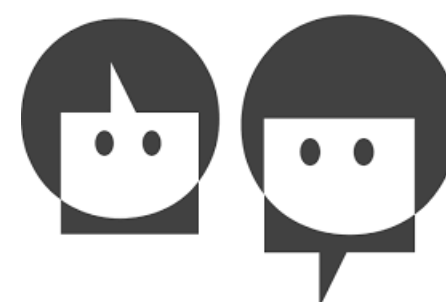
A unique coalition of organisations and individuals who work together to stop bullying and create safer environments in which children can live, grow, play and learn.



Bullying UK
www.bullying.co.uk
Listening, supportive and non-judgemental.



Kooth
www.kooth.com
Free 24 hour online counselling support for young people



On Your Mind
www.onyourmind.org.uk

A one stop shop for young people to access which covers topics from eating disorders, anxiety, substance abuse and allows students the opportunity to seek support



ThinkuKnow
www.thinkuknow.co.uk

This site aims to help parents with the huge job of keeping their children safe online. It helps parents answer the question 'how can I be as good a parent online as I am offline?'



Child Exploitation & Online Protection Command
www.ceop.police.uk/safetycentre

The Child Exploitation & Online Protection Command allows students to report concerns directly to the national crime agency.



Childline
www.childline.org.uk

This is aimed at children, but gives excellent insight to parents on topics such as sexting and online bullying

childline

ONLINE, ON THE PHONE, ANYTIME
childline.org.uk | 0800 1111

Parent Info
www.parentinfo.org

This is an excellent A-Z collection of up to date information on a range of topics including: online safety, sex and relationships, mental health, physical health and body image, family life and school life



Mood Juice
www.moodjuice.scot.nhs.uk

A website for young people experiencing troublesome thoughts, feelings or actions. There are self-help booklets to download and print off on a variety of topics such as sleep problems, anxiety, anger and depression.



Mermaids

www.mermaids.org.uk

A charity offering family and individual support for gender diverse and transgender children and young people. 0344 334 0550. 9am to 9pm Monday to Friday.



Calm Harm

App

An app developed to support young people who struggle with self-harm. Download from an app store.



Childhood Bereavement

App

An app to support young people who have had someone close to them die. Available on iOS and Android devices. It is run by Childhood Bereavement UK who also have a great website and helpline to support and inform children, young people, parents and professionals. www.childhoodbereavement.org



Stop, Think, Breathe

App

A simple, fun, free mindfulness and compassion building tool available for iOS, Android and web. Suitable for young people and adults. www.stopbreathethink.com



Switchboard

0300 330 0630

A helpline for LGBT+ people of any age. 10am to 10pm every day.



Parenting Courses ...

There are two free parenting courses running locally. Triple P is a 7 week course run by Wiltshire Council and CAMHS run a 10 week course by the Ministry of Parenting called STOP (Supporting Program for Parents of Teens). Both courses support parents to make small changes that will have a positive long term impact on their child's behaviour. Groups are run around Wiltshire during term time. Parents can self-refer or be referred by the school. *Please check current availability.*

For more information contact Rachael Faulkner r.faulkner@trafalgar.wilts.sch.uk

SPLASH Holiday Activities ...

Over the school holidays SPLASH run a range of different and exciting activities for free, for young people who might not otherwise have the opportunity to be involved in similar activities. In the past they have run activities such as water sports, farm visits, spending the day with horses, canal boat trips, woodland survival skills, computing and coding days, fishing, climbing and much more!

SPLASH activities aim to help develop young people's self-confidence and self-belief in a safe and fun environment. Priority is given to those who are experiencing challenges in life, such as being a young carer, the family are under stress, or even simply that they are having a difficult time at the moment. By attending these activities SPLASH hope to raise self-esteem and confidence and empower young people to make independent, positive and safe choices about their leisure time. The holidays are offered to those aged 9-16, so if you also have primary school children aged 9 and above we can apply for them too. More information from www.splash-wiltshire.org.uk

For current availability email: r.faulkner@trafalgar.wilts.sch.uk

Young Carers ...

A young carer is someone aged 18 or under whose life is affected by caring for at least one family member, over and above just 'helping out'. We know that caring for someone else can be emotionally and physically tough and can therefore have an impact on school and overall wellbeing. If your child is registered as a young carer, then please let us know so that we can support them.

If you think that your child may qualify as a young carer then please contact us and we can make a referral. Once registered, young people then have access to further support such as short breaks offered by Carer Support Wiltshire.

For more information contact Rachael Faulkner r.faulkner@trafalgars.wilts.sch.uk

Additional Support ...



NHS Child and Adolescent Mental Health Service (CAMHS)

Parents or young people can make a self-referral to CAMHS if a young person is experiencing mental health difficulties.

www.oxfordhealth.nhs.uk/camhs/wiltshire/



School Nurses

School Nurses provide confidential advice, care and treatment to young people for any health, wellbeing or personal concern. To confidentially contact the School Nursing Team (Chat Health) text this number and a School Nurse will contact you within 24 hours: 07489 635513

Drop In sessions every Tuesday lunch time with our School Nurse, Rita Wickenden.

Additional Support Continued ...

The Bridge

The Bridge are a Christian schools work charity, who offer 1:1 pastoral support and run a lunch time drop-in where students have an opportunity to explore faith.

For more information contact Rachael Faulkner r.faulkner@trafalgar.wilts.sch.uk

Emotional Literacy Support

Emotional Literacy Support sessions take place within Learning Support and is a calm, safe space for students to feel nurtured and supported.

For more information contact Sarah Burley s.burley@trafalgar.wilts.sch.uk

Other Support

A number of other professionals meet students who have specific needs. For example **Motiv8** are Wiltshire's drug and alcohol service and can meet with students who are using substances, or who would like more information – eg: some of the associated risks. **Splitz** are a charity working with students affected by domestic violence. **The Emerald Team** are part of Wiltshire Council and work with victims, or potential victims, of Child Sexual Exploitation (CSE). for any more information, or to refer yourself to one of these services please speak to Rachael Faulkner or email: safeguarding@trafalgar.wilts.sch.uk

Confidentiality ...

Please be aware that when you speak to someone they may feel it is important to pass on the information to other members of the pastoral or safeguarding team. This is in order to support you in the best way. Members of staff and visitors cannot promise to keep anything to themselves, if they feel it would be beneficial to pass the information on, or if they feel someone may be at risk. However, they will only share the information on a need to know basis, following Trafalgar's safeguarding policies and guidelines.