

Wellbeing

At Radnor House we place great importance on developing the wellbeing of each individual child so they are equipped with the tools to self-regulate and support themselves through school life and beyond.

To ensure that pupils physical wellbeing as well as emotional wellbeing is looked after, we have a school nurse who is here to support pupils with both medical and mental health needs.

We also have a team of school counsellors who ensure there is care five days a week for the pupil body. Parents, staff and pupils may refer a pupil to counselling. Referral forms can be found on My School Portal. The service is complimentary and confidential. If your child is in Year 5 to Year 8 the parent will be notified if a referral has been made. Year 9 to Year 13 pupils may choose to keep this confidential from parents, however we always work towards sharing this support with parents.

We are working hard as a staff to embed wellbeing skills and awareness through everything we teach. As part of our wellbeing program every pupil participates in Wellbeing Wednesday where form teachers facilitate various tasks such as: practicing mindfulness breathing/muscular relaxation techniques, gratitude journals, listening to calming music, or discussing the importance of learning these skills. We endeavour to break stigmas about mental health and wellbeing by making it part of the common language used by everyone in the community. Through our care pupils will develop coping mechanisms, knowledge, and resilience for the ever-evolving world that we live in.

As part of the process of educating pupils we start at the top with our Sixth Formers. They are given the opportunity to become qualified One-Day Youth Mental Health First Aiders. A number of talks, workshops and assemblies take place during reflections to educate the rest of the school body about coping mechanisms and their responsibilities to seek help for themselves or if they are worried about a friend.

The Wellbeing Committee is run by pupils across a range of year groups. They focus on raising awareness and educating pupils about Wellbeing practices. The Wellbeing committee organise and deliver presentations around mental health and stigmas, and create an open and approachable community.

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SCHOOL DAY APP

We believe in using real time data to inform our pastoral care and support of our pupils. In order to collect and record this data we use the School Day App. This allows us to monitor our pupil's feelings on social relationships, wellness, social & emotional learning, & learning through a series of weekly questions. It provides each Form Teacher with individualised data enabling them to spot trends in their form groups and use the discussions to address the identified concerns. We hope that all pupils feel able to approach their Form Tutors, Heads of Year, and their subject teachers if there is a problem they would like to discuss. However, if they would rather speak to someone in a more 'neutral' capacity, we would encourage them to speak to one of our School Counsellors. This could be a one-off session, or for an extended number of sessions, to discuss any matters, no matter how trivial it may seem.

For those pupils that just need a quiet space or sensory detox, there is the wellbeing room situated next to the Pastoral Office, which has a range of mindfulness colouring books, books on wellbeing, the ability to listen to music and have a 'time out'.

Pastoral and safeguarding staff are always on hand to listen to and give advice and we strive to make a caring, inclusive and safe environment for pupils to share. Plus we have the comfiest seats in the school.

If you have any questions or concerns regarding the wellbeing of your child please do not hesitate to contact me or the safeguarding team directly.

Lellard@radnorhouse.org

Please contact the Safeguarding Team on safeguarding@radnorhouse.org or Eliza Kimbell on 07553 648 668 if you have concerns relating to a safeguarding matter.