



## ABBEY PARK SCHOOL

Dear Parents/carers,

### Mental Health and Wellbeing at Abbey Park School

We believe that the mental health and wellbeing of our pupils is absolutely paramount for them to have a happy and successful life at school and beyond.

With Mental Health awareness day on the 10<sup>th</sup> October this year, I felt it was a good opportunity to write to you to let you know of an exciting new app that we will be launching with all pupils next week in our Mental Health assemblies and update you on all of the support we have in place for pupil's wellbeing and mental health.

#### What do we do at Abbey Park School to support and promote wellbeing?

- Every Wednesday we hold a Wellbeing Wednesday in Tutor time. During this time pupils are taught different exercises and techniques that will help them with their wellbeing, including breathing techniques, mindfulness and journaling.
- All pupils have been given Wellbeing journals to use during Tutor time.
- Each Year we run a Pupil perceptions survey. This identifies any area in a pupil's life that they may need additional support with, we then will work with pupils and parents to ensure they get the support they need.
- We run regular assemblies and PSHE sessions on wellbeing and Mental health
- All of our staff have received basic training on how to identify signs of poor mental health and what to do to support or where to signpost pupils to.
- Over 20 staff are trained in Mental health first aid.
- We have a trained counsellor in school who carries out 1:1 counselling with pupils.
- Barnardo's Trailblazers work in school each week with pupils struggling with their mental health.
- Our School nurse runs sessions every fortnight with pupils who are struggling with anything from eating disorders, self-harm, body image concerns to healthy eating and relationships.
- Each of our PSA's run intervention groups, some examples of these are: Tranquillity zone, resilience building, friendship groups, anger management and secret garden.
- Triple P parenting courses – Members of our Pastoral team are trained to run parent courses for any parent to access practical strategies to help raise happy and confident children.
- SEN intervention groups
- 1:1 Pastoral support
- Website – our website has a designated Mental health page with links to websites and resources to support parents and pupils.



Principal: Mr J Young  
Vice Principal: Mrs L Hunter

The Learning Campus, Redhouse Way, Swindon, Wiltshire SN25 2ND  
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### The EduKit Wellbeing app

As mentioned we are introducing a service at our school provided by EduKit, a social enterprise that helps schools to improve outcomes for students. This service includes the launch of a mobile app that will:

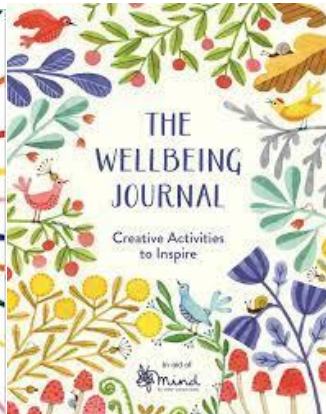
- Enable students to declare how they are feeling each day
- Contain surveys to be taken by students to enable the school to understand and support their wellbeing
- Provide relevant wellbeing advice and support to students
- Gives them access to articles, videos, advice and strategies on all aspects of Wellbeing and Mental Health
- Empower students to speak out and take action about issues that are important to them

All pupils will be sent their login details next week with instructions on how to download and access the app.

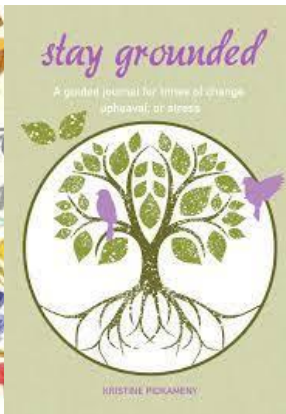
### Journals



Year 7



Year 8 & 9



Year 10 & 11



EduKit App

### How do pupils access support?

Pupils and parents can speak to any member of the Pastoral team if they feel that they need any additional support in regards to their mental health and wellbeing. The team will then work with the pupil and parents to ensure support is put in place.

Please do not hesitate to contact me if you any advice or concerns.

Kind regards

Mrs K Stevens

Assistant Principal

Pastoral and DSL



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