

Promoting Positive Mental Health and Well-being at

Thomas Telford School

what we do



At Thomas Telford School we take Mental Health and Well-being very seriously. We are a caring, all-inclusive community with a goal of making everyone feel like they have self-worth and a place within our school. We provide various opportunities for students to talk, listen and take part, as well as access to a wealth of support if it is needed. Our pastoral system starts with the Personal Tutors and can include any of the support networks above along the way.



The Safeguarding Hub sits at the centre of student safeguarding within the school. The Safeguarding lead officers manage the day to day referrals within the hub and work with a range of agencies to ensure that ALL Thomas Telford School students are well safeguarded.

The Medical room team, our in school counselling service and close liaison with parents/carers ensures that students have the best possible care and attention if needed. As a school we provide a counselling service for students who need to access extra support. We have 2 external counsellors who work with our team to ensure this provision is efficient and effective.

Staffing the Safeguarding Hub

Mr Jamie Norman- Safeguarding Lead Officer and Mental Health and

Well-being Lead. Deputy Safeguarding Leads – Mr Phillip Nichols, Mrs Claire Nock, Miss Heledd Jones

The Safeguarding team also promote the school's resilience programme.



The Thomas Telford School Nurture group has been a great success. The nurture group aims to improve student self esteem, confidence and improve communication skills for students in Key stages 3 and 4. The group runs a range of sessions both educational and extra-curricular. Students are given the opportunity to improve life skills and work with other students to form positive relationships.

The group combines learning and fun to create an environment where students can gain confidence and self-belief over time.

Staffing the Nurture Group

-Mrs Louise Herbert- Nurture Centre Manager

Nurture Group Days/Events

-Team Building days

Problem solving events/ trips to promote team work Sessions with external guests/speakers to promote positive mental health and well-being







Staffing the Heads up group -Mrs Anna Price --Student Mentors from all year groups Heads up at Thomas Telford School is an all-girls alliance that gives our female students the opportunity to talk and meet new people in a relaxing and friendly environment.

The group aims to improve girl's self-esteem and also promote positive mental health. The group is run by student mentors/ reps from each of the 7 year groups. The student mentors alongside Mrs Price and other guest speakers encourage girls to attend from every year group.





At Thomas Telford School we promote the Action for Happiness Calendar and the goal behind it. Personal tutors use the calendar each month to promote d discussion within Personal tutor time and it allows students to set goals for the week. The calendar is shared with students in the restaurant area using the electronic notice board.

The Action for Happiness calendar also links in with the school's thought for the week, which encourages students to reflect and consider their approach to certain aspects of school life and life outside of school.



MONDAY Commit to doing something active every day this month	TUESDAY Have an outdoor meeting, instead of sitting down inside	3 Listen to your body and be grateful for what it can do	4 Go up and down the stairs whenever possible today	FRIDAY 5 Enjoy moving to your favourite music. Reaily go for it	5 Go exploring around your local area and notice new things	SUNDAY 7 Get outside and plant a tree, flowers or some seeds
8 Get natural	9 Do a body-scan	10 Join an	11 Eat only	12 Choose to	13 Turn your	14 Have a day
light early in the	meditation and	activity club or	healthy & natural	walk or cycle	housework or	free from TV or
day. Turn off lights	really notice how	class that you'll	food and drink	instead of going	chores into a good	screens and get
in the evening	your body feels	actually enjoy	lots of water	by car or bus	form of exercise	moving instead
15 Sign up for an	16 Make sleep	17 Choose to	18 Do stretch	19 Take an extra	20 Relax your	21 Make time
activity challenge	a priority and	park further away	and breathe	break in your day	body & mind	to run, swim,
as a goal to	go to bed in	and enjoy some	exercises at 3	and go for a 15	with Yoga, Tai Chi	dance, stretch or
work towards	good time	extra exercise	different times	min walk outside	or Meditation	cycle today
22 Arrange to	23 Actively	24 Spend less	25 Get out into	26 Recharge	27 Do something	28 Go out and
get together	'eat a rainbow' of	time sitting down	nature. Feed the	yourself. Avoid	active and fun	do an errand
with a friend to	multi-coloured	today - get up and	birds or go	tech for 2 hours	like air guitar or a	for a loved one
walk and talk	vegetables today	move more!	wildlife-spotting	before bedtime	silly walk :)	or neighbour
29 Spend as much time as possible outdoors today	30 Make time for doing your favourite sport or activity	في الله			for changing our ates" ~ Carol We	

The Calendar sets students daily challenges



Staffing the Able Boys Project The Thomas Telford School's Able Boys Project is aimed at raising the standards of attainment and achievement of boys within the school. The project focuses on a group of boys from year groups 9 to 11 and offers them the chance to work with a designated Personal Tutor on a daily basis.

The project looks at developing self-esteem, promoting positive mental health and enables the boys to form effective working relationships with staff to help raise confidence and attainment

across the school. The project also includes trips team building exercises improves confidence the classroom.



boy's and that within

-Mr Simon Topper- Able Boys Project Lead

-Mrs Emma Bird- Able Boys Project mentor and Personal tutor



Thomas Telford School teaching staff have the opportunity each week to attend the staff stay and play session. It runs every Friday and each week a range of activities for staff are available.

The aim of the programme is to provide staff with an environment in which they can talk, relax and socialise with colleagues from around the school. It also gives new staff an opportunity to meet people. The activities can be recreational and fun.

Staff are encouraged to attend, talk and relax with other colleagues.

Activities already available Football

Netball Fitness suite Volleyball

Badminton

Swimming

am keen to put on other activities such as yoga, Zumba, Pilates and sessions within the arts such as art therapy.

Talking about our problems is our greatest addiction. Break the habit. Talk about your joys