

General support for pupils:

Wellbeing Champions

In each of the Key Stage Two classes, there are Wellbeing Champions, who work with Miss Wallace to provide open avenues of conversation for their peers surrounding key worries in the playground or classroom. Miss Wallace will then speak to class teachers and support staff surrounding any key themes and provide additional support where needed.

All Staff

All staff at Oasis Academy Ryelands care about the emotional wellbeing and mental health of everyone in our school community. We want to ensure that our community is rooted in trust and support, and everyone receives care and help when they need it. We want to ensure that our children understand that they can go to anyone in our community if they need help.

Targeted support for pupils:

Mental Health First Aiders

We have a number of qualified Mental Health First Aiders across the academy, who are available to provide support for your child as and when required.

Talking Therapies

Miss Wallace is able to provide more structured support when required through targeted therapies. This can include support surrounding bereavements, LGBTQ+, coping with anxiety, depression, support with eating disorders. For these sessions to take place, we do require parental consent.

OCL Mental Health Team

We also have additional support provided from the National Oasis Community Learning. This is something that the SENDCO and DSL can put in applications for depending on the level of need of each child. For these sessions to take place, we do require parental consent.

Pupils

We encourage our pupils to reflect on their emotional wellbeing and mental health from the moment that they enter school, by completing their Zones of Regulation Check ins. They also receive provide more structured learning about this in PSHE and Assembly times. They are encouraged to consider their progress and attitude to learning on the YouHQ app on their iPads. They are also supported with Restorative Justice practices following any upset/challenges, which gives our children the opportunity to move forward and discuss positive changes if necessary.

Wellbeing Support available at



SENDCO

The SENDCo is a point of contact for staff and parents regarding any concerns surrounding additional needs. Miss Champion is happy to discuss ways we can offer support and provide additional advice/guidance. The SEN team is available for parents and staff to contact who they support during the week. They are very knowledgeable and are available to discuss progress and strategies.

Safeguarding Team

The Designated Safeguarding Lead and Deputies are all available for children, staff and parents regarding any concerns surrounding safeguarding. Please feel free to reach out at any time and we will get back to you with ways in which we can provide support.

Regional Director

The Regional Director supports Miss Reed in overseeing the quality of education and to ensure that the safeguarding and health and safety issues are being dealt with effectively.

Targeted support for parents:

Parents

The relationship with parents is paramount in supporting the children with their emotional wellbeing. We seek to educate and support parents through events, workshops, newsletters and with resources, as well as throughout the year in information meetings and printed materials. Parents are given feedback about their child's wellbeing throughout the year. Our open door policy means that the whole school community can work together effectively.

Class Teachers

We encourage parents to reach out to their child's Class Teachers as the first port of call regarding any support that their child may require. They have pastoral responsibility for their class and for communicating with parents in the first instance. Parents can also receive feedback regarding their child's emotional as part of more formal reporting, in parents' evening discussions, as well as informally throughout the year.

Phase Leaders

The Phase Leaders are available to provide support the staff within their phase, offering support with pastoral concerns and advice with parent meetings/conversations. The Phase Leaders coordinate targeted interventions specific to their phase (e.g. Social Skills Groups) and advise on the management of wellbeing and mental health support.

Oasis Encounter

Oasis Encounter is a program available to all of our families. It aims to improve the whole family's mental well-being. Through eight online sessions, our trained coaches offer a supportive and safe space for parents and carers to discuss the realities of parenting.

Here is the link to be able to sign up:

<https://forms.office.com/e/6a80UaDeZT>

Here is a video which will provide more information about this:

[OASIS Parent Video](#)