ABBEY COLLEGE IN MALVERN

Mental Health and Wellbeing Policy

Related documents include:
• Student Medical Form • Healthy Lifestyle Policy • First Aid Box Checklist • Self-Medication Assessment • Self-Medication Roommate Agreement • Individual Student File • Medicine Log Book • Student Handbook • Pharmacy Return Form • Medication removed from students Form • Students Monitoring Log • Individual Health Care Plan • General Data Protection Regulation • Early Help Offer • KCSIE 2026
Monitoring and Review
• The Welfare Manager will undertake a formal annual review of this policy for the purpose of monitoring and of the efficiency with which the related duties have been discharged, by no later than one year from the date shown below, or earlier if significant changes to the systems and arrangements take place, or if legislation, regulatory requirements or best practice guidelines so require.
The next official date for review is **November 2027**

Introduction

We recognise that students who feel exam pressure; are far from home and family; are living in a foreign country; and are going through adolescence may be at risk of mental health problems. They may also experience difficulties for reasons including work-related stress, home life, illness, bereavement or relationship breakdown.

During the Coronavirus pandemic it is known through emerging data that mental health problems have increased. With this in mind Abbey College have ensured that staff have accessed up to date training in mental health awareness.

We also recognise that staff can experience mental health and wellbeing problems for a range of reasons including work-related stress, home life, illness, bereavement or relationship breakdown.

At Abbey College we aim to do what we reasonably can to look after the mental health and wellbeing of all our students and staff.

Abbey College in Malvern Ltd (Number 08661073)
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Promoting mental health as part of everyday college life

In order to make the environment as conducive to good mental health as possible we aim to:

- Enhance the therapeutic qualities of the grounds: sensory plants, water, flowers, nature.
- Enhance the sports and fitness provision: gym, badminton, tennis, football, swimming, rounders, table tennis, yoga, basketball, dodge ball etc.
- Enhance the quality of free-time activities available to students: music, art, yoga, dance classes, martial arts, table football, sauna, hill walking, flora and fauna of the Malvern Hills, photography and excursions to the surrounding areas.
- Foster a range of community events which bring happiness and a sense of belonging to students. These include assemblies, bonfires, staff and student sporting events, The Abbey Show, Christmas Dinner and The End of Year Party. Celebrating each other's cultural events, Iranian New Year, Chinese New Year, Vietnamese Independence Day etc.
- Enhance class room decoration to provide an engaging, friendly, active learning environment.
- Tutor sessions to support students; one to one session with the Student Experience Coordinator.
- Provide warm, safe, secure and homely community areas.

Improving the emotional wellbeing of our staff and students

- Improve supervision of staff so that each individual's voice is heard.
- Improve supervision of students so that each individual's voice is heard.
- Promoting a culture of, and systems for, listening to student voice.
- Promoting a culture of kindness, good manners and mutual respect.
- Promote a listening and open-door culture.
- Improve communication so staff and students don't feel isolated.

Ensuring mental health problems are identified early and appropriate support provided

- Welfare Manager to inform Principal of pastoral concerns from Welfare staff to be shared with teachers in Teachers' weekly Meeting.
- Principal to inform Welfare Manager of pastoral concerns from Teaching staff raised in Teachers' weekly Meeting to be shared with Welfare staff.
- Teaching staff to raise concerns from Tutor sessions with Welfare Manager.
- Train staff to recognise poor mental health and causes.
- Train staff to recognise good mental health and causes.
- Train staff to communicate concerns appropriately to the right people.
- Train staff on confidentiality and 'the need to know'.

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- Train staff to support students who appear to be experiencing emotional upset.
- Welfare manager to collate information regarding mental health and wellbeing concerns about students.
- Principal to collate information regarding mental health and wellbeing concerns about staff.
- Support staff and students who have external issues, such as mental and physical struggles.
- Regular checks on staff and students.
- Offering provision and interventions that matches the needs of our students and staff.
- Share relevant issues in an appropriate manner.
- Arrange training session to discuss how to deal with these issues within house.

Raising awareness of the importance of mental health

- Briefings
- Group discussions
- Posters in staff room
- Staff training to be enhanced through attending online training through Educare and accessing external training
- PSHE sessions

Capturing the views of parents, students and staff on mental health issues

- Policy and practice discussed in termly whole-staff safeguarding briefings.
- All staff encouraged to contribute directly to the creation of this policy.
- Students are consulted on mental health matters.

Early Intervention

- Students experiencing problems with their mental health can access support though the teaching staff and through the Welfare Team.
- Welfare Manager will offer support though mindfulness sessions and discussions.
- If mental health issues cannot be managed within college external agencies will be accessed, such as GP and any agencies mentioned in Early Help offer.

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