

Wellbeing at Cardinal Hume Catholic School

Over their school career, many of our young people will struggle from time to time. They may need some additional support to enable them to gain strength and make the most of their life and schooling. The grid below outlines the varying levels of support we offer, always with the young person's specific needs as our priority.

	Tier 0 – Universal Support Pastoral and response to general concerns.	Tier 1 – Universal Support Response to low level incidences and concerns	Tier 2 – Targeted Support Planned interventions in school to address mental health concerns	Tier 3 – Universal Support Professional referral to high level mental health concerns
Internal support mechanisms – what do we provide in school?	<p>Signposting parents (and tutors) to Place2Be, Young Minds, Kooth via weekly Parent Bulletin Transition programme and summer school Student Ambassadors / JPII groups/ Peer supporters Pastoral system – Tutors – knowing their class well. Houses, Head of House, AHOH, Year Progress Leaders Mentoring, including peer mentoring. Chaplaincy – including peer support from JPII group. Communicating support and advice to parents – via weekly bulletin, WEDUC messages Wellbeing Champions Mental Health surveys Health IAG Assemblies responding to survey results</p>	<p>Resilience Group Rainbows Mentoring, including YPLs. Time Out cards SEND register – support and intervention via LSA. Close communication with parents/ carers by pastoral team Communicating concerns / info to relevant teaching and wellbeing staff</p>	<p>Pastoral system allows for monitoring and mentoring. Counsellors (KDA) Welfare Team offer structured support. Adjustments to timetabling where required. Quiet places e.g. chaplaincy to go for support. Drawing and Talking Therapy – 1 to 1</p>	<p>Support from CYPs Individual plans in place to ensure the safeguarding of children at risk. Regular updates so all teaching staff aware of risks Close communication with parents – and police if necessary</p>
External support mechanisms – what other agencies can help support?	<p>Clennell – children's services Family Learning (Mindfulness)</p>	<p>Clennell Road Centre (professional support)</p>	<p>Gateshead Ed Psych team support Liaising with Gateshead Social / Healthcare Team Clennell CYPs / CAMHS Early Help Road Centre (KDS)</p>	<p>CYPs / CAMHS Barnardo's (referrals via Social Services) Early Help Road Centre (KDS) RISE (Children's Society) Grief Encounters Bereavement Service</p>

Wellbeing resources for parents and young people

YOUNGMINDS

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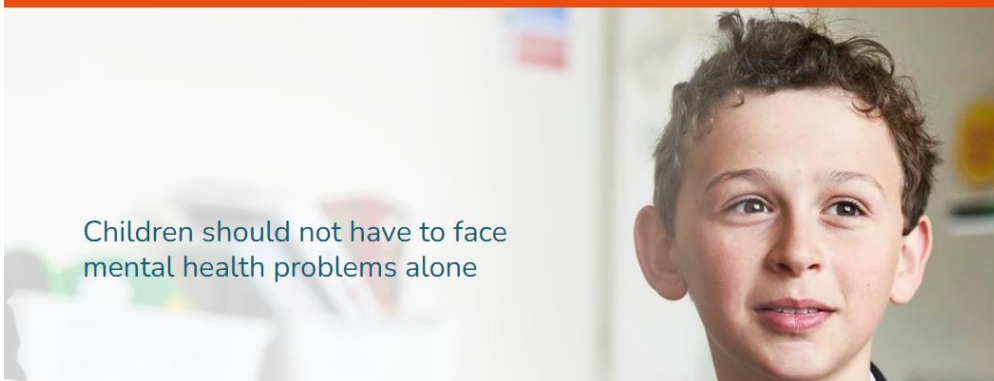


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You can change children's lives. Whether you volunteer, fundraise, or follow and share our advice, together we can keep children safe.

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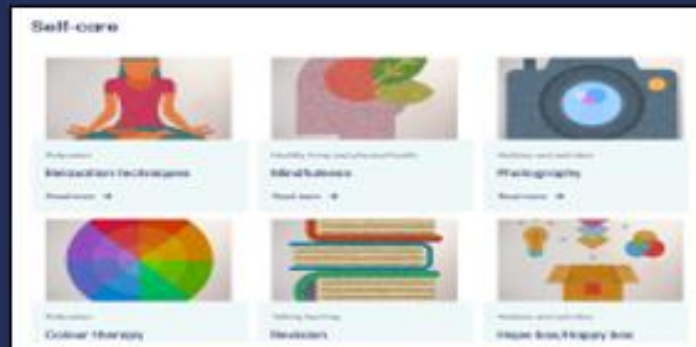
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Self care

Resources to enable the prioritisation of mental health and wellbeing



How to sleep well for teenagers



Everything you need to know about teenage sleep

*(and why adults might have the
wrong idea about your sleep)*

A good sleep routine is really important for health and wellbeing. As a teenager, your sleep will change due to developments in your brain and body. You may need to adjust your habits to get a good night's sleep.

Everything you need to know about teenage sleep is here, including:

- what sleep is
- what a 'typical' night's sleep looks like for you
- tips to help you sleep better.

We'll also explain why adults often have the wrong idea about your sleep.

[How to sleep well for teenagers | Evelina London](#)