

PERSONAL DEVELOPMENT

Focus: Mental Health and Wellbeing



Supporting Children's Mental Health Week 2026

The week before February half term we had assemblies delivered by our Senior Mental Health Lead (Mrs. Jones) and our Mental Health Ambassadors. In addition we had starters in lessons, thought for the day and one minute musings on mental health and wellbeing. We also wore green ribbons to raise awareness.



Mental Health Support Team (MHST)

We work closely with the MHST. Support offered includes:

- Student workshops on topics such as exam stress, positive relationships, self esteem and sleep hygiene
- Parent/guardian sessions - details are sent out via parentmail
- 1:1 support for students
- Peer mentoring scheme

Mental Health and Wellbeing is also explored through:

- Personal Development lessons
- PE lessons
- Tutor programme

If you have any concerns about your child's mental health or wellbeing, please don't hesitate to contact your child's tutor or

Mrs. Jones

(marandajones@nationalacademy.org.uk)

Our student leaders

We are very proud of the work our student leaders do to support their peers' mental health and wellbeing.

Elevate: Our young men's mental health team organised our Christmas Jumper Day in aid of Young Minds, lead assemblies and send out information to support parents/guardians.

Mental Health Ambassadors: Our student leaders arrange activities to promote mental health awareness weeks.

Peer Mentors: Our trained peer mentors in years 9 and 12 support younger students.

Further Support

- Our fully trained Academy Counsellor, Fie, offers both a therapy and non-therapy route. Students can self-refer or teachers can support them with this process.
- Our Academy Chaplain, Lucie, offers a listening service where students can talk about concerns.
- Parents/guardians, teachers and students can make referrals to the Mental Health Support Team for 1:1 support.

[CAMHS Mental Health Support Team \(MHST\)](#) | [Nottinghamshire Healthcare NHS Foundation Trust](#)