



MENTAL HEALTH & WELLBEING

Cape Cornwall School is an exceptionally caring and supportive place to be. We know our students extremely well and through academic and non-academic means, we are dedicated to supporting their wellbeing.

Each week during tutor time, we have "Wellbeing Wednesday". During these sessions, students have time to reflect on their own wellbeing and complete a range of activities designed to support their self-care, resilience and other aspects associated with wellbeing. Tutors at Cape Cornwall School play a huge role in supporting students' wellbeing, their general school life, as well as developing positive links with parents and carers.

Students have a comprehensive set of lessons during PSHE where they learn about the importance of positive mental health, mental health issues and where they can get help and support if they need it now or later in life. In addition to the provision provided through the curriculum in PSHE there are also assemblies and tutor sessions dedicated to supporting mental health and wellbeing.

During break times, we have "Cape Active" which the PE department has designed to encourage students to be as active as possible outside of lessons. Being physically active has a positive impact on both physical and mental health, so we are proud to offer a range of activities such as table tennis, indoor rowing and football. Since the introduction of "Cape Active", there has been a large increase of students taking part in physical activities during break time.

Part of being at Cape Cornwall School is about supporting the wider community and one way we do this is through national events such as World Mental Health Day, which takes place in October. This year we supported this day by taking part in 'Hello Yellow', which raised funds for Young Minds. We also celebrated Anti-Bullying Week in November with 'Odd Sock Day', as well as holding assemblies and tutor activities throughout the week. Cape Cornwall School students and staff are proud to partake in such important events and enjoy raising awareness and fundraising for them. The most recent example of this is our 'Race for Life' in April 2022 where every member of the school community participated in the event, raising nearly £2500 for the important cause.

At Cape Cornwall School we have several staff who mentor students on a 1:1 basis for a variety of needs, be it for anxiety, anger or managing feelings, as well as for our more vulnerable students or students with SEND. Giving students the opportunity to speak to staff 1:1 allows them to discuss any problems and discuss positive mental health and wellbeing.

Cape Cornwall School also works with a number of outside agencies. CAHMS support students with mental health concerns, emotional and behavioural difficulties. Cape Cornwall School and CAHMS work closely together if there are concerns about any student. Penhaligon's Friends supports any student who has experienced a bereavement and they share their resources with schools so this support can continue in school. Cape Cornwall School benefits from having an onsite 'Bereavement Champion', who is on hand to support any students when needed.

Cape Cornwall School Nurse supports students through fortnightly drop in visits. This support is given to students who are concerned about their mental health or students with additional medical needs. Students work with the School Nurse to develop their resilience and growth mindset as well as to establish a range of support techniques