

HIGHGATE

# Wellbeing at Highgate

A guide to our wellbeing service and accessing support





# Mental Health and Wellbeing

**Pupil wellbeing matters at Highgate School. We want to support pupils to thrive in school and beyond.**

Our wellbeing team work collaboratively with school staff to ensure they are equipped to understand and respond to the wellbeing needs of pupils, knowing when to refer on if needed. We have a wellbeing space and a medical centre where pupils can go to emotionally regulate and to seek help for their physical and mental health needs.

Our approach is a whole school approach to mental health and wellbeing that is based on education and awareness,

“Mental health matters. There should be no stigma attached to struggling with your emotions or seeking help for your mental health. We want to equip our pupils with tools and emotional literacy to look after their emotions and to be supportive of each other.

prevention, and therapeutic support. By regularly raising awareness of the range of mental health needs and educating pupils about mental health, we aim to remove any stigma that is often associated with struggling with mental health. We want our pupils to seek help as early as possible, as early intervention can positively change the trajectory of mental health difficulties.

We all have a mental health which encompasses our emotional and psychological wellbeing. This influences our feelings, cognition, perception, and behaviour. It will impact our daily wellbeing and how we manage day to day to life which includes stress, pressure, and interpersonal relationships.

The wellbeing team aims to support pupils with their mental health and wellbeing in the following ways:

### **Therapeutic support and signpost**

We have a referral system that enables staff to identify pupil mental health and wellbeing needs and signpost to the relevant support, internally and externally.

### **Emotional regulation**

Our wellbeing practitioners offer daily drop-in slots (before and after school & lunchtimes) for pupils to seek support for their wellbeing and to emotionally regulate.

### **Education and awareness**

the wellbeing team works collaboratively with the wider school to build a better understanding of mental health and address any stigma that is attached to seeking support for mental health. We deliver assemblies, tutor presentations, contribute to the PSHE curriculum, and promote key mental health awareness days.

### **Empowerment**

Pupils can self-refer to the wellbeing service and seek support from either wellbeing practitioners or counsellors. We hope that this contributes to pupils feeling supported and empowered to seek support early, and equipped with tools to emotionally regulate.

# The Wellbeing Team

## Director of Pupil Wellbeing

Strategic oversight of the wellbeing service.

Contact: [Kemi.Omijeh@highgateschool.org.uk](mailto:Kemi.Omijeh@highgateschool.org.uk)

## 2 Pupil Wellbeing Practitioners

Key link between the wellbeing service and the school community, working with pupils, staff and parents/carers to support pupil wellbeing needs.

Contact: [wellbeingsupport@highgateschool.org.uk](mailto:wellbeingsupport@highgateschool.org.uk)

## 5 Counsellors and 2 Play Therapists *(across the foundation)*

Offer confidential therapeutic support for pupils with mental health difficulties.

## A Medical Team

Based in the medical centre we have a medical team available to support pupils with physical ailments and to support pupils with additional medical needs.

Contact: [medical@highgateschool.org.uk](mailto:medical@highgateschool.org.uk)

Our wellbeing team proactively work with the school community to ensure pupil wellbeing is prioritised.

# The Medical Centre

**We have a team of trained medical professionals based across two medical centres who are available to provide treatment and care for pupils with physical ailments and additional medical needs.**

The medical team and wellbeing practitioners work closely together where physical and mental health needs overlap. Where possible we encourage pupils to visit the medical centre in between lessons but not at the expense of their physical pain.

We require all parents/carers to complete a school medical questionnaire providing us with relevant health information about pupils. Parents/carers should inform the school of any changes and updates to this information.

Parental consent is needed for the administration of over-the-counter (OTC) medication by the School Nurse. OTC medications are those that can be bought by an adult in any high street pharmacy without prescription. The School nurse is a registered nurse and able to conduct appropriate assessment before determining whether it is appropriate to administer OTC medication. Pupils should not bring their own OTC medications into school and must not give OTC to peers.



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