



WEST LAKES
ACADEMY
SHIP



November 2023



Agenda

- Any questions answered
- Relationship, Sex and Health Education at WLA
- Mental Health and Well Being provision at WLA
- Any further questions and A.O.B

Any questions answered

Have all staff had training in SEND?

- *Yes, all staff received autism awareness training during the INSET in September which was led by the Local Authority specialist advisory teacher. We will be doing the second part in due course*
- *Our SEND team have received further specialist training in terms of other areas of SEND.*
- *All of the pastoral team have received SEMH training*
- *Some of our pastoral team are about to visit a SEMH school in Yorkshire on Friday to look at what this setting does and what we can bring back to WLA*
- *Two specialists from other secondaries have come to look at provision for SEMH and SEND generally during this first term*

Any questions answered

Has the school improved their internal processes for SEND pupils? Has a communications process been implemented for informing supply teachers of students circumstances?

- *SEND information shared with all staff and reading time allocated during INSET time*
- *SEND audit occurring in January and we will share outcomes with parents and plans for next steps*

Any questions answered

Does the timing of the SHIP meeting not help working parents from attending? Why is it at 4pm? Would a later time be better? Will responses to questions be shared with parents who cannot attend?

- *More than happy to alter the time. Would 5pm be better?*
- *Absolutely - we will share slides and minutes from the meeting*

Any questions answered

What are the arrangements for lunch time in terms of enough time to eat and ensuring children aren't going hungry and throwing food away?

- *Students have half hour to have their lunch and can purchase food from three different serving points.*
- *All students have food in around 15 minutes.*
- *Could we have the student council look at this and come up with how we can make the lunch experience better for students?*

Relationship, Sex and Health Education

What is RSE?

Relationships and Sex Education at West Lakes Academy builds on the teaching at primary. We aim to give young people the information they need to help them develop healthy, nurturing relationships of all kinds. Students will cover content on what healthy and unhealthy relationships look like and what makes a good friend, colleague and successful marriage or committed relationship. At the appropriate time, the focus will move to developing intimate relationships, to equip your child with knowledge they need to make safe, informed and healthy choices as they progress through adult life.

What do we cover and when?

How are these decisions made?

- Student voice
- Head of Year feedback (student experiences)
- Community knowledge
- National guidance
- Survey feedbacks

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year 7	Moving in Transition to secondary school, relationships, confidence and problem solving	Having your say Citizenship and democracy	Eat you way to health Diet, exercise and healthy choices	My changing body, Puberty, self-care and healthy routines	Money, money, money Banking skills, accounts	Stay cool for summer Personal safety, online safety
Year 8	My role in the world Citizenship and community needs	My choices, healthy or not? Alcohol and drug misuse and pressures relating to drug use	WLA's Dragons Den Enterprise skills	What right do you have? Human rights, racism, misogyny, discrimination and moral courage	Super Savvy Consumer spending and rights and the economy	Understanding us: People and who they are Relationships, sexual harassment and harm, marriages, forced marriages and sexuality
Year 9	Disrespect Nobody: Am I valued? Relationships, abuse, consent, sharing of sexual images, FGM, sexual exploitation, grooming, sexual harassment and harm		Sexual health: my choice Readiness for sex, contraceptives, STI's, abortions	Baby borrowers Parenting responsibilities, adoption, fostering, fertility	The price of life Utilities, mortgages and budgets	My mind Emotional wellbeing, resilience, coping strategies
Year 10	Sex, media, me Media and the impact of sexual attitudes, misogyny, sexual harassment and harm, pornography Organ and tissue donation	Ready for work Work experience, Interviews skills, applications, CV's, health and safety in the work place	On my mind Mental health: stress, anxiety, depression, eating disorders, Body image	My body...the impact Drug misuse and consequences	Spending the pennies Debt management, Loan sharks, wage slips, tax and gambling	My behaviour, my responsibility Gang culture, knife crime, laws, punishments risks and consequences
Year 11	I'm leaving school! Post 16 options, application forms, cover letters, interview skills online	Balancing life and me Revision strategies, mental health, sleep quality	Money at work Taxes and insurance	My body, my choice Relationship safety, sexual harassment and harm, sexual health and STIs		

Health and Wellbeing

Relationship

Living in the wider world

Citizenship

Sex and Relationship education is ever changing and developing. We use the guidance of the NHS, Brook, the PSHE Association, the Government and the FPA (Family Planning Association) to name just a few to ensure that our information shared and staff knowledge is as accurate and appropriate for the age group as possible.



Signposting

In all of our topic areas we want our students to know where to access safe help and support and so various forms of information and support are shared and recorded in books on their help and support pages.

Opening times

You are here: [Locations](#) > [Flatt Walks Clinic](#) > [Opening times](#)

This service is now appointments only. To make an appointment please call our central line on 01228 608989

Wednesday

Opening hours 9.30am to 4.30pm

Thursday

Opening hours 12pm to 7pm

<https://www.ncic.nhs.uk/locations/flatt-walks-clinic>
May 2022

Our address

Flatt Walks Health Centre
3 Castle Meadows
Whitehaven
Cumbria
CA28 7QE

Childline

Childline provides free confidential advice and support for all young people up to 19 years old. Whatever your worry, Childline counsellors are here to help. Speak to them by phone, online or email 24 hours a day.

A video is available online so you can see what happens when you call Childline, which you can view on the Childline website. You'll speak to someone who takes your details and puts you through to a counsellor. The number won't appear on any bill (landline and mobile).

Tel: 0800 1111

Website: www.childline.org.uk

Childline also has a free app called 'iChat'. If you're feeling uncomfortable when someone's trying to get you to send them naked images of yourself, iChat helps you take control of the situation with filter controls to filter chat. You can access the app on the Childline website here: https://www.childline.org.uk/Play/GetInvolved/Pages/using_iChat_app.aspx

Survivors UK

If you are a boy and have experienced rape or sexual assault you can get help and advice from specialists in the field of male sexual violence who have helped many men to work through their experiences.

You can phone them or use their web chat service which allows you to have a confidential one-to-one chat with a trained professional.

Web chat: access via their website (Mon-Fri 10:30am-9pm and Sat-Sun 10am-6pm)

SMS chat: 020 3322 1860

Email: help@survivorsuk.org

Website: www.survivorsuk.org

Rape Crisis

If you are a girl who has experienced rape, sexual abuse or sexual assault you can get help, information and support from trained female support workers via their helpline. They will also be able to tell you details of your nearest support services.

They also provide information for partners, family, friends and other people who are supporting a survivor of sexual violence. You can get more information at their website.

Freephone: 0808 8029999 (12am - 2:30 / 7pm - 9:30pm every day)

Website: www.rapecrisis.org.uk

National Domestic Violence Helpline

If you are a girl who is experiencing domestic violence, or has experienced it in the past, the National Domestic Violence Helpline can support you. The helpline is staffed by fully trained female support workers who can provide confidential, non-judgemental emotional support and information on a range of issues - from reporting to the police, to accessing legal services in your area. All calls are completely confidential. You can also call them if you are worried about a friend or someone you know.

The helpline number will not show up on BT landline phone bills. If you have another service provider, you'll need to check with their customer services team whether the number will be visible on your bill.

Calls are free from landlines, but other mobile service providers may charge.

Tel: 0800 200247

Website: www.nationaldomesticviolencehelpline.org.uk

Learning Outcome –
I have some ideas about how to get help with relationship abuse

Live Fear Free

If you are experiencing domestic abuse or sexual violence and live in Wales, you can contact the Live Fear Free Helpline. The helpline provides a bilingual information service that helps and guides people who are victims of abuse, and are in need of information or access to support services. This service is also available to those who are worried about a friend or relative and need advice. All calls are confidential and are taken by highly experienced staff. You can find out more about what happens when you call the helpline on the website.

Calls are free from landlines and most mobiles, and will not show up on your phone bill. Some mobile networks may charge for calls to our helpline, contact your network for more information.

Freephone 24 hours: 0800 8010 800

Email: info@livefearfreehelpline.wales

Website: www.gov.wales/livefearfree

DISRESPECT
NOBODY

Ask it basket - student support for those questions they may not feel confident to ask in front of others.



Parental Information and Support

Currently in place

- Parental consultation of SRE Policy
- Personal development curriculum online with help and support links
<https://www.westlakesacademy.org.uk/subject/personal-development/>

Upcoming developments

- Parent evening information sessions
- Termly newsletter
- Parent voice survey

Mental Health and Well Being



SMHL

The academy SMHL Senior Mental Health Leads are-

Vicky Stabler and Ellie Shaw



Ellie Shaw
Vicky Stabler
Deputy Designated Safeguarding Leads

The SMHL is responsible for raising awareness and increasing capacity so mental health and wellbeing can be developed in school, developing a strategic plan to embed positive mental health into school culture, creating an environment where your pupils can thrive. This is structured within a 3 year action plan

How we do this and key focuses for this year

Continue to develop external support for students, last academic year over 90 students accessed support

Develop and improve student voice

Mental Health Support Team on site weekly

Introduction of BounceTogether platform

Student Voice- Current key focus area

One of our key focus areas is to ensure that our students feel listened to and have a voice.



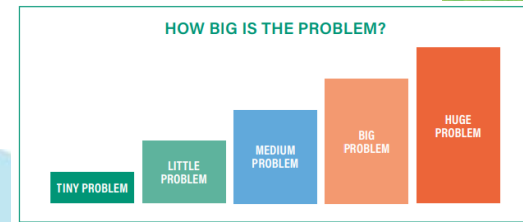
Why this is a key area- We need to

Help students talk about their feelings.

Reinforce it is okay for students to talk about their own emotions.

Students feel they have a trusted adult and a voice

Encourage students to reflect.



New survey software Bounce Together-

The intuitive, **mental health** and **wellbeing** measurement platform, designed to help schools **drive better outcomes** for pupils, staff, and their whole community.



How can we help you make a difference?



Ensure no one falls under the radar

- Highlight individuals with learning barriers via colour coded reports
- Bounce Alerts: *We will alert you* to score thresholds, changes in scores, or specific question responses



Identify school-based priorities

- Identify trends and respond to issues before they escalate
- Focus resources on those needing support



Demonstrate your impact

- Quickly benchmark wellbeing
- Evaluate the impact of interventions
- Demonstrate this to key stakeholders, Mental Health Leads, Senior Leadership, Governors, Inspection Bodies, and more.



Remove learning barriers & drive improved outcomes

- Wellbeing
- Academic
- Behaviour
- Attendance
- Whole child



Save time and money

- It can take countless hours to run **just** one survey and analyse the findings on paper / MS Forms.



Integrate safeguarding and wellbeing data

- CPOMS
- Look at data side by side

Filter and segment findings

- ✓ Filter findings by year-groups, classes, and key demographics, like EAL, SEND, or Free School Meals
- ✓ Highlight your top and bottom 20% of pupils across each school group
- ✓ See how your results change over time and compare these to other schools across the country

Respondents	14 (R)
Eligible Respondents	15 (ER)
Response Rate %	93 (RR)

		SCALE	
EW Score	Emotional Wellbeing score	12 60
PES	Positive Emotional State	6 30
PO	Positive Outlook	6 30
SD	Social Desirability	3 15

SCORE (AND % OF TOTAL AVAILABLE SCORE)

	(R)	Score	PES	PO	SD
ALL SCHOOLS (ACADEMIC YEAR 22/23)					
ALL SCHOOLS (ACADEMIC YEAR 21/22)	12,835	41.4 (69%)	20.4 (68%)	21.0 (70%)	10.4 (69%)

The ALL SCHOOLS average above represents ALL SCHOOLS that took this survey only on the Bounce Together platform during the respective Academic Years.

The arrows below indicate how ALL results from this survey compare to the results from ALL schools who took this survey in Academic Year 2021/22.

A green arrow represents the score is HIGHER than the average. A red arrow represents the score is LOWER than the average. No arrow represents the score equals the average.

	(R)	(ER)	(RR)	Score	PES	PO	SD
All Pupils	14	15	93%	46.9 (78%)↑	23.5 (78%)↑	23.4 (78%)↑	11.4 (76%)↑
Year 4	5	5	100%	37.0 (62%)	18.0 (60%)	19.0 (63%)	10.8 (72%)
Classes							
Class 1	5	5	100%	37.0 (62%)	18.0 (60%)	19.0 (63%)	10.8 (72%)
Gender							
Female	2	2	100%	33.5 (56%)	15.0 (50%)	18.5 (62%)	11.5 (77%)
Male	3	3	100%	39.3 (66%)	20.0 (67%)	19.3 (64%)	10.3 (69%)
Demographics							
EAL	1	1	100%	35.0 (58%)	17.0 (57%)	18.0 (60%)	9.0 (60%)
Free School Meals	1	1	100%	36.0 (60%)	17.0 (57%)	18.0 (60%)	10.0 (67%)

Gain insight into each pupil's perspective

Q	Answer	
1. I think good things will happen in my life	Never	Red
2. I have always told the truth	Not much of the time	Orange
3. I've been able to make choices easily	Some of the time	Yellow
4. I can find lots of fun things to do	Quite a lot of the time	Light Green
5. I feel that I am good at some things	All of the time	Green
6. I think lots of people care about me	Never	Red
7. I like everyone I have met	Some of the time	Yellow
8. I think there are many things I can be proud of	Quite a lot of the time	Light Green
9. I've been feeling calm	All of the time	Green
10. I've been in a good mood	Never	Red
11. I enjoy what each new day brings	Not much of the time	Orange
12. I've been getting on well with people	Some of the time	Yellow
13. I always share my sweets	Quite a lot of the time	Light Green
14. I've been feeling cheerful about things	All of the time	Green

- ✓ View answers from individual pupils
- ✓ Generate personalised wellbeing reports
- ✓ Be alerted to concerning answers or changes in pupil wellbeing scores
- ✓ Track progress over time
- ✓ Share insights with parents and support agencies