

Student Wellbeing

At St Chris we believe strongly that positive emotional wellbeing and mental wellness are not only crucial in enabling students to feel happy and fulfilled within themselves as individuals, but also in enabling them to thrive and flourish during their time with us here at school. Students who enjoy positive mental health and wellbeing are better able to cope with the normal stresses of life, work productively and fruitfully, fulfil their own potential and contribute to the wider community.



Consistent research highlights the pressures on young people today linked to social and cultural challenges, making it even more essential for us to support student wellbeing.

We strongly support students taking part in co-curricular activities at St Chris including our compulsory weekly Options afternoon each Thursday, and through our wide variety of co-curricular clubs, sports teams, music groups, drama clubs etc and participation in initiatives such as Community Service and the Duke of Edinburgh's Award. Please see the section on co-curricular activities within this Welcome Information for further information.



The Sixth Form Garden is a popular space to socialise

As a Sixth Form we advocate the balance between studying and personal time and therefore advise students to consider prioritising their study time during the school day, thus ensuring that there are opportunities to find time to relax and spend time with family and friends. This is the first area that we ask students to consider if they are feeling overwhelmed or start to struggle.

All members of staff have an open-door policy and students are encouraging to come and speak to us if they need to talk. Through our carefully tailored PSHE sessions, we sign-post wellbeing events and supports for our Sixth Formers. We give them tips and pointers to help them manage and be proactive in developing and sustaining positive mental health.



We regularly have visiting lecturers in our PSHE studies

STEER Tracking for Mental Health and Wellbeing

Last year we launched STEER Tracking across the Junior and Senior School, from Years 3 – 12 (G Group to Lower Sixth). STEER Tracking is an evidence-based tool to measure, track and improve how each young person self-regulates four factors which are fundamental to well-being and good mental health.

STEER Tracking helps to identify hidden social-emotional risks that might otherwise go undetected. Teachers can then proactively target support for students who may need it, recognising that early intervention can help young people to develop healthy behaviours.

Each term, students complete a STEER Check In: a short series of questions that tracks how each student is steering or making choices in four key areas for healthy development.

We know that students' ability to self-regulate can impact their academic progress, friendships, well-being, and mental health. The Senior School pastoral and teaching teams use STEER as an additional tool, to help monitor the wellbeing and mental health of our students. It does not replace the excellent pastoral care already in place at St Chris.

Further information will be sent to parents/carers at the start of term however if you would like to find out more now, please visit the **STEER website**.