



John Mason School
Excellence Through Creativity

Mr Mat Davies is our Mental Health Senior Leader and is dedicated to the wellbeing and positive mental health of our students and staff.

Staff wellbeing and work/life balance is of the utmost importance and we are continually making changes to our processes and systems to help ensure positive mental health for our staff. We do this by encouraging staff to notice when a colleague's wellbeing is under threat, encouraging good working practices and self-care to ensure a healthy work-life balance for example we encourage staff to take breaks and to finish at an appropriate time, We have also ensured that there is a school champion for staff wellbeing.

Should staff members wish to discuss any of the points raised above, make suggestions for improvements or discuss their own wellbeing please come and speak to Jane Howse, Staff Wellbeing Manager, who can advise on the support offered here at school and give guidance on additional external support.

If parents wish to discuss any of the points raised above or make suggestions they should contact their child's form tutor or Head of House. For parents who require extra support for their child in terms of their emotional health and wellbeing they should contact their child's form tutor or Natalie Uzzell. We may be able to support you and your child directly in school or find a service who can offer the tailored help needed.

A useful read for parents/carers entitled "Supporting Teenager – helping parents and professional to understand the early teenage years" can be found at:

<http://www.understandingchildhood.net/posts/supporting-teenagers/>