



Three Waves of Wellbeing

Montem Academy





THE THREE WAVES OF WELLBEING



Wave 1

Wellbeing for All

Five Paths to Wellbeing:

Connect,
Be Active
Take Notice
Give
Keep Learning

Wave 2

Tailored Wellbeing Support

In school Specialist Support

Talk Time, Social Skills, Art Therapy, Cooking Therapy, ELSA, Drawing and Talking, Zones of Regulation, Ufton Court

Wave 3

Specialist Wellbeing Support

External Specialist Support

CAMHS, SEBDOS, School Nurse, Daisy's Dream, SAFE, Behaviour Panel, Slough Children's Services, Integrated Support Services, Thames Valley Hospices, Mental Health Support Team

Pathway 1: CONNECT



Connect are activities and learning opportunities where pupils build positive relationships and experience positive social interactions.

R Time
Jigsaw

Votes for Schools

Extra curricular Activities Social and Family Events
Multicultural Days



Pathway 2: BE ACTIVE



Being Active is not only good for your physical wellbeing but also your mental wellbeing. We offer a range of activities which promote physical activity beyond the national curriculum

Swimming, Enrichment Week, Sports competitions, Daily Mile, Active Movement, Residential Trips, Sports Holiday Club, Bikeability, Extra Curricular Activities, and the Childhood Promise



Pathway 3: TAKE NOTICE



We believe that being noticed and recognised for who you are and the contributions you make helps you to feel confident about yourself and build self-esteem. We provide lots of opportunities for our pupils to celebrate their successes and the successes of others. We also encourage our pupils to notice and appreciate the wonderful world we live in.

Attendance awards, Class Dojo messages, Reflection Time, complimenting each other, nature walks, Eco projects, Artistic Performances.



Pathway 4: THE ACT OF GIVING



We all have the power to give, whether it is a kind word or through fundraising. We believe that the act of giving can make us feel special and a valued member of society. At Montem, pupils are encouraged to :

give time to each, give compliments, do acts of kindness, engage with school events, fundraise and listen with interest



Pathways 5: KEEP LEARNING



The most powerful gift you can give yourself is to keep learning. The more we learn and develop, the more enriched our lives become. The more we understand about the world, ourselves, and others, the more we appreciate our differences and recognize others' accomplishments. We can all achieve if we keep learning.

Citizenship lessons, enrichment weeks, studying the arts, Personal development programme, Career Days, School Visitors, Trips, Cultural Events and extra Curricular Activities



WAVE 2: Tailored Wellbeing Support



At Montem Academy, we recognise that maintaining strong mental health and overall wellbeing can be a significant challenge for many young pupils. That's why we are proud to offer a comprehensive suite of specialist support services designed to address a variety of social, emotional, and behavioral needs. Our in-school support programs include Talk Time sessions, where students can engage in guided discussions and express their thoughts and feelings in a safe space. We also facilitate targeted Social Skills workshops to help pupils develop essential interpersonal abilities like communication, empathy, and conflict resolution. Our Art Therapy and Drawing and Talking programs provide nourishing creative outlets. And for those who benefit from the therapeutic effects of hands-on activities, our Cooking Therapy classes offer a unique opportunity to learn valuable life skills while also processing complex emotions. Additionally Emotional Literacy Support practitioners work closely with individual students, using specialized techniques like the Zones of Regulation framework to strengthen emotional intelligence and self-regulation. Beyond our on-campus resources, we also partner with external organizations like Ufton Court to deliver immersive, nature-based learning experiences that can have a profoundly positive impact on mental wellbeing. By investing in this multifaceted approach to student support, Montem Academy is committed to ensuring that every young person in our care is empowered to overcome challenges, cultivate resilience, and thrive both academically and personally.



WAVE 3: Specialist Wellbeing Support



At Montem, we recognise that for some of our pupils' lives can present significant challenges, and the needs they face can be so great that the school must draw upon the expertise of specialised professionals to provide the necessary support. To ensure our pupils receive the comprehensive care they require, we work collaboratively with a diverse range of experts and organizations. This includes partnerships with CAMHS (Child and Adolescent Mental Health Services) to address mental health concerns, SEBDOS (Social, Emotional and Behavioural Development Outreach Service) to assist with social and emotional development, and our school nurse to attend to students' physical wellbeing. We also work closely with Daisy's Dream, a charity that provides counseling and bereavement support, as well as SAFE, a service that helps safeguard children. Additionally, the local Behaviour Panel, comprised of key staff members, convenes regularly to identify and implement strategies for supporting students with complex behavioral needs. By drawing upon this extensive network of specialised professionals, we are able to address the multifaceted challenges our pupils face, ensuring they receive the tailored support they need to overcome barriers and thrive both academically and personally.



Wellbeing

Every one of us needs to show how much we care for each other and, in the process, care for ourselves.

