

# School Support - How one school made a difference

(This is partly based on a real example from a school in Cornwall who kindly allowed us to use their fantastic 'signpost poster' created by staff / students together).

## 'Kernow School'

In 2017 'Kernow School' were very disappointed to see that their results for **School Support** in their WMF were **red** (worse than average) for all students who took part.

The adults in the school felt they had lots of good things in place to support students so asked themselves what might have been happening.

They decided to ask students their thoughts. They asked lots of different students a number of questions e.g.:

***"If you were feeling lonely / worried about your school work / upset because a family member was ill / you were being bullied / wanted to harm yourself or concerned about a friend — do you know where / how to get help or who to ask in school"?***

They also asked students ***"Do you feel confident to ask for help and if not, why not"?***



From the answers it was clear that students:

- thought support was only for some students
- thought they would be seen as weak by asking for help
- didn't think some of the things they were worried about (falling out with a friend; a pet dying) were worth asking about
- didn't know who to ask or where to get information
- were confused about the different things going on
- were unsure about asking for help for all sorts of reasons including:
  - \* uncertain about what would happen next
  - \* if someone would have to tell their parents
  - \* they would get into trouble
  - \* not being taken seriously

## Questions

- Check out the results of this question in your school and for Cornwall as a whole. How does your school compare
- If you asked students in your school these questions do you think you'd get similar answers?
- Are there students in your school who don't know how to find help or who don't feel confident to ask for help?
- What could be done to help those students? How could other students / get involved help?

**Start Now.**

# School Support - How one school made a difference

The staff were a bit taken aback by what they heard when they spoke to the students.

## So they asked students to help them.

A group of students from all year groups including students who were already getting help from support staff got together. They identified all the different people who could help students and all the ways students could ask for help.

## They made a poster to use round the school explaining who these people were and how they could help.

The students worked with the staff to make sure there were wellbeing noticeboards around the school and information on the school computers that all students could access.

Staff went to assemblies and told students about the information / help available and tutors reminded their classes too.

Staff included 'getting help' in PSHE or SMSC lessons. Teachers explained things like confidentiality.

The school also used some of the **Start Now resources** like the brilliant film made by students at Cape Cornwall School called **"It's OK not to be OK"** which is all about talking about mental health and asking for help...

This was created by staff / students in a Cornish school but we've changed names to the school and staff...  
Kernow School

### Finding your way...

Student Support on offer at Kernow School

- Your Tutor** - Your tutor is someone you see twice a day, everyday! They are a friendly face who is always there to talk to and help.
- Head Of Year** - Your HOY within Student Support is always there to listen and help you with any problem you may have. They can also signpost you to external agencies.
- TAs** - You may have a teaching assistant in your lessons and they can become one of your everyday support systems. They can help you with a range of problems. Please see them in the LRSC.
- Learning resources** - The LRSC (Learning Resource Support Centre) offers a quiet space at break and lunchtime as well as support with homework, access to ICT, exam access arrangements and support, dyslexia resources and much more.
- Teachers** - Teachers can also offer support. You can speak to any teacher in school regarding any issue. If they can't deal with it for you directly, they can signpost you to someone who can.
- DDSL** - You can speak to Mrs Jones about anything that may be worrying you. You can pass onto her anything about yourself or another student who may be at risk.
- Pupil Premium** - Miss Smith provides support for Pupil Premium students. This includes revision and homework support, subject intervention, help with improving attendance and much more. Drop in sessions are at break and lunch time in the mentors office.
- Wellbeing mentor** - Mrs Brown, the emotional resilience wellbeing mentor, offers a range of interventions such as mindfulness lunch, gardening club and animal therapy. Drop in times: Mentors Office (8:15-8:30, break time, 13:00-13:15) for emotional wellbeing support.
- Groups** - Various weekly groups run in school at lunchtimes including the Feel Good group, LGBTQ group, Young Carers group, Social Skills. These are in addition to the wide range of lunchtime clubs on offer. Please see the termly clubs booklets for more.

The students worked with staff to make this handy guide to where to get help and support

## Check it out on the Start Now YouTube Channel

### [Start Now Cornwall](#)



And students have now made their own fab film called 'I wish they understood...'

[Start Now Cornwall](#)

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KERNOW