

Burton Borough School

Students Mindfulness

Dear Carer

Student Mindfulness is something that is very important to us at the Burton Borough School, and we have a number of things in place to ensure that your child is happy and feels well supported in school.

We like to begin to look at ways to help students with Mindfulness right from Year 7 so that as they move through the school, they will already be acquiring the skills they need to equip them for the challenges they may face and the inevitable examinations in Year 11.

One of the things that we offer students is a wellbeing mentor programme, we have a group of students trained in wellbeing and a group of staff that are also trained to mentor students and staff. If your child is feeling overwhelmed and wants some support within school, they can meet one of our mentors who will be able to offer advice and guide them in the right direction to get the help and support they need. Sometimes all students need is some reassurance, especially as they begin at a new school. They can choose to see a teacher or student mentor, whoever they feel more comfortable with. This is particularly helpful for things like homework and organisational skills, where an older student can offer advice and reassurance. Wellbeing mentors will go with students if they want to discuss things with their classroom teacher and they are a little nervous. Anything where they feel they need a bit of support.

If you feel your child would benefit from this programme but you are unsure they will want to access a mentor themselves, then you can email the school at WellBeing.BBS@taw.org.uk and I will make sure that they are given the opportunity to meet with a mentor.

We are also very fortunate to have an ELSA (Emotional Literacy Support Assistant) in school. Mrs Laidlaw is available through referral from small schools and works with students both individually and in small groups around a variety of things our students face. She works with students who are anxious/nervous, need some support with friendships and building new friendships, self-esteem, and similar issues. She also regularly checks in with students who might need a quiet check that all is going well. This is something that can be accessed through small schools and is very discreet.

This year the PE department are offering Yoga for Mindfulness as part of the PE curriculum and they will be offering Yoga through after school sessions. The benefits of Yoga in schools are well documented and includes the reduction of stress and anxiety, the improvement of memory and attention span and increases self confidence and self-esteem. This is something that Year 7 will be able to access and will begin them on the journey to Year 11 with essential tools for success.

We are here to ensure that your child has a positive start to their time at Burton Borough and that they continue to thrive whilst they are here. We feel that these measures will support them to be the best they can be.