

SEMH workshops Sacred heart Academy

This is from all year groups of young women at sacred Heart academy.

Main headline areas were 'What to do and who to talk to when you feel stressed and low, unconfident, angry, upset and struggling generally'

They felt having a support room where you could drop in for help would be good

A talking club where you felt safe to talk about worries and help feel more confident

An after school support club where you could talk through worries but also get help with work that you were struggling with.

Somewhere to eat dinner that isn't in the main hall (sensory issues)

A place to go when you feel stressed out

Teachers who support even when you make a mistake

Lessons could finish early on two days a week so that you have time to speak to tutors or support staff about the things you struggle with.

A school nurse who is in the building and you can pop in to see.

Exams and work pressures mount up- some people cant cope with exams and the work load.

Sensory aids- could be part of the chill out room but also things we could use in the classroom

Mental health assemblies so that people understand its OK to feel like you do and to share tips on how to cope

Key workers who can meet with pupils to offer support

All teachers to have Mental health first aid training so that they are aware of the signs and know what to do to support

Lots of them struggle silently and don't know how to get help- need more education on MH and teachers who are more understanding

Would be good to be allowed to wear a little make up to help with self esteem (make up not allowed in school at all)- underlying issues here re image and confidence etc
MH interventions have too long waiting lists and when you do get appointment you only get 6 sessions some YP have said that this isn't enough and for others it can be too long. Needs to be person centred offer.

More school counsellors

Activities for break time like decorate a xmas tree with positive sayings of things you are thankful for.

Be allowed a school pet who you could go to to calm down (petting room)

School gardening club

Fish tank

Student buddies- students who will look out for you and be there for you when you need extra support

To have golden time on a Friday afternoon.

To have less homework (this was a huge pressure mentioned by all of the classes who participated)

More practical subjects

Help in achieving practical goals

Breakfast clubs

No different rules for teachers and pupils

Structured activities at break times

Training for jobs whilst at school ('I worry a lot about my future')

A crash and smash room where you can let out your anger and pent up feelings in a safe place

More outdoor learning

Teachers should be:-

Helpful, kind, patient, fair, understanding, only strict if someone breaks the rules, have good subject knowledge, happy, don't put students on the spot, don't pressure to put hand up (some people find this really stressful), have a good mind set.