

1. I have been informed about the Wellbeing Award for Schools. 4/5

Positive feedback:

- Year 7 induction information
- Information evening
- Email communication
- Included in student homework
- Initial letter
- Update letter
- Previous questionnaire
- Son/daughter is a Wellbeing Ambassador
- Prize giving
- Website notice
- Weekly messages
- Children discussed this at home
- EduLink
- Awards evening
- Newsletter

Areas for improvement:

- More information about what the award encompasses
- Proactive, alert driven communication
- Streamline communication
- Hard copies given to students
- Feedback given of questionnaire responses and subsequent action

2. I have a good understanding of the importance of emotional wellbeing and mental health on my child's performance in school. 4.5/5

Positive feedback:

- School is proactive in giving tools to support wellbeing
- 'Dealt with superbly and supportively by the whole school'
- 'Calthorpe actively promote wellbeing'
- 'HUB do a great job'
- 'School have been excellent in their support, from individual teachers, reception staff, Heads of House and school counsellor'
- 'Wellbeing is at the heart of all information evenings...during transition to secondary'
- 'Active steps taken ... regarding anxiety and exams'
- 'Good support/communication'

Areas for improvement

- Proactive communication needs to be better
- Teachers need to treat students with respect/be more supportive
- Pressure to succeed must reduced
- PSHE should be student-led

- Parental advice available at stressful points of the year
- Staff training
- Parent workshop

3. I understand my contribution in promoting emotional wellbeing and mental health within the school. 4.1/5

Positive feedback:

- Regular communication
- Year 7 parent information evening

Areas for improvement:

- Feedback loop for improved communication
- More frequent communication
- School forum
- More parent advice and support for specific wellbeing concerns
- Extra-curricular activity support

4. Everyone involved with the school needs to support and look out for each other when it comes to emotional wellbeing and mental health. 4.6/5

Positive feedback:

- Information evening
- ELSA club
- Supportive staff, including receptionist, school counsellor
- Good signposting for support
- 'Communication... excellent and consistent'
- Calthorpe Way
- Students support each other
- 'Pleased to hear how CPS deals with bullying and wellbeing overall'

Areas for improvement:

- Too much homework
- Teachers need to be more supportive of students
- Proactive two-way communication with parents
- Results-focused pressure
- More specifically trained staff needed to support wellbeing
- Some students can get overlooked due to the size of the school
- An anonymous method for student feedback

5. The school really cares about the emotional wellbeing and mental health of everyone involved with the school. 4/5

Positive feedback:

- School counsellor available and supportive

- Staff are 'understanding and responsive'
- 'Pastoral care is outstanding'
- ELSA club
- Support is well-signposted
- Calthorpe Way
- 'Staff are always happy to help and nothing is too much trouble'
- Students well-informed
- Regular communication

#### Areas for improvement

- Teaching staff inconsistent with support
- Specific cases/incidents need to be followed up
- Student labelling is not helpful for mental health
- Too much pressure
- Lack of organisation between departments regarding homework and assessments
- Too much homework
- Improved signposting for support (for parents)
- Teachers need to respond to emails
- Staff training
- Parental lack of trust in CPS
- Bullying needs to be dealt with more effectively

6. It is clear that emotional wellbeing is valued and important across the school. 4/5

#### Positive feedback:

- Regularly discussed at school
- Great support at the HUb
- Information evenings
- Parents' evening
- Wellbeing is included in all presentations
- Excellent Year 7 transition
- 'Staff value emotional wellbeing'
- 'Teachers are willing to talk'
- Good communication

#### Areas for improvement

- More professionally trained support staff
- More communication and responses to emails
- Too much pressure
- Quiet spaces should be available
- Mindfulness and yoga sessions should be available
- Student labelling is not helpful
- Student training
- Inconsistent approach amongst teachers
- Assessment culture

- School should work with parents more

7. The school actively encourages parents to be open about how they and their children are feeling. 3.7/5

Positive feedback:

- Newsletter communication
- Information evenings
- Email communication
- Calthorpe Way
- PSHE lessons
- Meet the tutor
- Tutor correspondence

Areas for improvement

- Parents views are ignored
- Poor communication (not proactive or varied)
- Parent workshop (alike drug awareness)
- Assessment culture
- Too much homework
- More time at parents' evenings

8. If needed, I would feel comfortable talking about my own emotional wellbeing and mental health with the school. 3.5/5

Positive feedback:

- School is supportive of parents
- Belief that school would be open to discussions regarding parental wellbeing

Areas for improvement:

- School should articulate how parents can communicate
- Information should be on a push system (alert driven)
- Lack of trust

9. If needed, I would feel comfortable talking about my child's emotional wellbeing and mental health with the school. 4.3/5

Positive feedback:

- Good support staff and signposting
- Experience of good support
- 'Teachers really care'
- Good support provision in place
- Easy to communicate with staff

Areas for improvement:

- Bullying is an issue

- Poor response from staff regarding parental communication
- 'No confidence...in school'
- Staff training
- Coordination between departments for homework and assessments
- More face-to-face discussions
- Not sure who to contact

10. The school seeks out and listens to my views and needs about its approach to emotional wellbeing and mental health. 3.6/5

Positive feedback:

- 'School listens'
- Things change as a result of being asked opinions
- Newsletter
- Letters
- Surveys
- Emails
- 'Great at communication'
- 'It's a great school'

Areas for improvement:

- School run 'as a business'; lack of care
- No visible framework for mental health
- Award is prioritised over actual wellbeing
- Surveys are not followed up
- Poor communication