

## Wellbeing - At the Heart of Ormiston Park Academy

At Ormiston Park Academy, the wellbeing and mental health of every member of our community is at the heart of everything we do. We are always looking for ways to strengthen the wellbeing of our students, staff, and wider school family. This commitment is closely linked to our PARK values and our ethos of "Believe and Achieve."

To ensure we provide the very best support, we are working with Optimus Education to achieve the Wellbeing Award for Schools. This initiative both reflects and reinforces our PARK values in practice:

### Our PARK Values in Action

- **Perseverance** – We keep going, even when challenges arise. Whether supporting a student through difficulties, resolving complex issues, or responding to feedback, we stay committed and never give up until the best outcome is achieved.
- **Aspiration** – We aim high for every member of our community. By continually looking for ways to improve mental health and wellbeing, modelling self-care, encouraging mindfulness, and exploring the five ways to wellbeing, we inspire others to reach their potential.
- **Responsibility** – We take ownership of supporting the wellbeing of our school community. Every staff member plays an active role, working together to create a safe, supportive environment where everyone feels valued and cared for.
- **Knowledge** – We act on understanding. By learning about mental health needs, sharing expertise, and keeping up to date with best practice, we ensure our actions are informed, effective, and meaningful for both staff and students.

### About the Award

The Wellbeing Award for Schools recognises a whole-school approach where the emotional wellbeing and mental health of both staff and pupils are actively supported and promoted. It encourages a long-term culture in which mental health is recognised as a shared responsibility, building on the work of Ormiston Academies Trust and Unity Schools Partnership.

## Our Commitment

By undertaking this award, Ormiston Park Academy demonstrates that we:

- Place mental health and wellbeing at the centre of everyday school life, continuously working to improve the emotional health of our staff and pupils.
- Identify concerns early and take timely, appropriate action, including collaborating with external agencies for the best possible support.
- Offer interventions and provision tailored to the needs of pupils, staff, parents, and carers.
- Engage the entire school community in understanding the importance of mental health, recognising both positive and negative mental health, and learning how to support one another.
- Listen to all stakeholders to ensure our mental health provision continues to meet the needs of everyone in our school community.

At Ormiston Park Academy, we are not just talking about wellbeing, we are living it every day, making it central to the experiences of our students, staff, and wider school family.

Signed:



Jodie Hassan  
(Executive Principal)



Munira Said  
(Principal)



Lynsey Padmore  
(Vice Principal)



Samantha Mussenden  
(Senior Mental Health Lead)

