Be Kind
Be You
Belong

Grasmere Academy

Mental Health Support

at Grasmere Academy

Kind Minds
Brighter
Futures

Your feelings matter here

We care about your mental health and wellbeing.
We are here to listen, support and help you feel your best.

PHSE Curriculum

In our PHSE lessons we learn about:

- Our feelings and emotions
- Positive mental health
- Healthy friendships
- Resilience and managing challenges
- Being kind to ourselves and others



School Nurse Offer

Our school nurse is here to support you with:

- Emotional health and wellbeing
- Advice and signposting
- Physical health concerns
- Support with worries or changes
- A safe, confidential space to talk



You can talk to the school nurse at any time.

Calming & Sensory Regulation Areas

We have calming and sensory spaces around school to help you:

- Take a break when you need it
- Feel calm and relaxed
- Use sensory resources
- Regulate your emotions
- Find a quiet space

Calm minds help us learn, grow and thrive

Be Heard | Be Supported | Be Yourself | Be Positive | Belong at Grasmere

Small Steps Make a Big Difference

A healthier, happier you at Grasmere Academy

KINDNESS
RESPECT
ASPIRATION
TOGETHER WE ACHIEVE

Grasmere Academy | Respect | Aspiration | Kindness | Together We Achieve