



## **JOHN MASON SCHOOL – CREATING A HEALTHIER AND MORE ENVIRONMENTALLY FRIENDLY SCHOOL**

### Getting to school -

Students encouraged to cycle/walk to school if they are local with appropriate safety equipment and roadworthy bikes.

Staff are encouraged to sign up to the Cycle to Work Scheme

Our bike stores are covered by CCTV and kept locked during the school day for additional security.

### Hydration –

There are water fountains located around the school site and students are encouraged to bring water in bottles to their lessons.

We do not permit sugar laden or energy drinks to be brought into school.

### PE and Extra-curricular Activities –

Students take part in a variety of sporting activities during their PE lessons.

JMS also offers a number of extra-curricular activities that are open to all students.

Students are encouraged to take part in the Duke of Edinburgh Award

Staff are encouraged to join the JMS Challenge Club that take part in various challenges throughout the year i.e. Three Peaks Challenge, The Breast Walk Ever and the forthcoming Eynsham 10K

### The Diner –

The Diner offers a wide range of deliciously nutritious meals for example, meal of the day, pasta bar, sandwiches.

Students can purchase healthy options such as jacket potatoes, fresh fruit, smoothies etc. from newly installed Back-Pack-Snack-Shack.

All drinks served in the Diner and at the Back-Pack-Snack-Shack comply with Government standard for schools.

A traffic light system is operated in the Back-Pack-Snack-Shack so that students and staff know the healthy options.

Meat-free Monday at the beginning of each month.

### Sustainability –

Cutlery used in The Diner and Healthy Hut are non-plastic and are made from sustainable and compostable materials.

Limited use of plastic wrap.

Plastic lunch pots have been replaced with plant based products.

Parents are encouraged to use ParentMail in order to reduce paper waste.

Year 11's have organised a litter picking rota for all forms.

Sixth Form environmental committee.

### Supporting One Another –

JMS has dedicated Student Managers who help our families should they feel their child needs extra support with their emotional health and wellbeing.

We have Mental Health First Aiders – for students and staff.  
Peer support leads

Mental Health and Wellbeing in the Curriculum –

At JMS topics relating to mental health and wellbeing are covered through our Character Education lesson using the Jigsaw scheme of work and where appropriate we add it across the broad and balanced curriculum that we offer.

Students participate in Mindfulness once a week.

Students have regular assemblies, where mental health and wellbeing topics are age appropriately addressed.

Murphy and Rory – two therapy dogs used regularly in school

Staff wellbeing weeks held throughout the year.

Mr Mat Davies is our Mental Health Senior Leader and is dedicated to the wellbeing and positive mental health of our students and staff.

Staff wellbeing and work/life balance is of the utmost importance and we are continually making changes to our processes and systems to help ensure positive mental health for our staff. We do this by encouraging staff to notice when a colleague's wellbeing is under threat, encouraging good working practices and self-care to ensure a healthy work-life balance for example we encourage staff to take breaks and to finish at an appropriate time, We have also ensured that there is a school champion for staff wellbeing.

Should staff members wish to discuss any of the points raised above, make suggestions for improvements or discuss their own wellbeing please come and speak to Jane Howse, Staff Wellbeing Manager, who can advise on the support offered here at school and give guidance on additional external support.

If parents wish to discuss any of the points raised above or make suggestions they should contact their child's form tutor or Head of House. For parents who require extra support for their child in terms of their emotional health and wellbeing they should contact their child's form tutor or Natalie Uzzell. We may be able to support you and your child directly in school or find a service who can offer the tailored help needed.

A useful read for parents/carers entitled "Supporting Teenager – helping parents and professional to understand the early teenage years" can be found at:

<http://www.understandingchildhood.net/posts/supporting-teenagers/>