

## Wellbeing Statement

MSPRU staff appreciate how difficult starting a placement at the PRU can be.

Our aim is to make that as good as possible by understanding your history, your needs and your strengths. We then try to find the best place to support and help you to get the most from your placement.

We do this through our Wellbeing Curriculum. This is the title we give to all the work we do to make sure our pupils become healthy, safe and active citizens.

Our offer is delivered in small, nurturing and supportive Learning Centres, where staff will aim to develop your resilience, your self-esteem and your learning skills, so that you can have success and make good progress towards the choices you will want to make for the future.

### **Support**

We work closely with parents and carers to support other partnerships, so that good plans can be made around you, that you help to design.

Our staff always work to keep you happy and safe, and MSPRU invests in training for staff in a wide range of issues and strategies, and works closely with other agencies to promote an understanding of the challenges faced by pupils and their families, and to provide further information and help.

Some of these agencies come into centres to work with individuals and groups so that you can understand more about some of the risks and challenges you might face, such as drugs, relationships, and mental health.

### **Curriculum**

In lessons you will learn about how to keep yourself healthy and safe, and how to develop all the skills you will need for life, so that you can make a positive contribution to your community.

These lessons take into account your age and your experiences as well as your needs, such as: use of social media and online pressures, an enriched sports offer, careers advice and guidance and your rights and responsibilities.

### **Intervention**

Sometimes, you might need more support to be able to join in all your lessons. This means that we work with you to make more help available to build your skills, often with 1-1 support. This might be help with reading, or social skills, or something you know will help you to make better choices.

**Our staff will always have your best interests at heart, and will be ready to listen to what you think will help to make the difference to your wellbeing**