



HERMITAGE
ACADEMY


Wellbeing

School
counselling service
1-1 Sessions and
"drop ins"

Managing
exam stress
workshops

Resilience
Nurse
1-1 Sessions

Bespoke
intervention
groups

Resilience
Group

Year 7
support
group

Supporting mental
health and
wellbeing at
Hermitage Academy

1-1
Reading
mentors

Mindfulness
classes

Mindful
garden

Youth
practitioner
garden group

Signposting
support for
students
and parents

Raised awareness of key
mental health promotions
throughout school

Breakfast Club
with Mrs Simpson