



To be mentally healthy is to be:

Empowered and develop psychologically, emotionally, intellectually and spiritually.

Comfortable and self-aware: confident in solitude as well as in socialising and being empathetic with others.

Resilient and healthily cope and learn from life's challenges and changes alongside carrying a good sense of right and wrong whilst maintaining healthy relationships.

We will work with an assumption - an assumption that all those we meet have encountered a trauma.

We will work with this knowledge and in a manner which ensures that nothing that we do or say will re-Traumatise.

Rise academy is committed to ensure, that all students, staff, parents, carers and visitors to our school are afforded time, space and support should they require it and pledge to move forward in a trauma informed manner.

We will ensure care, welfare, safety and security for all.

We are committed to staff ongoing CPD to meet the needs of our students, to learn and grow with them and embed a wrap-around culture of support around mental wellbeing.

This CPD has led to Rise having 15 registered mental health first aiders distributed across all sites and key stages.

We aim to continue building on our 2025-2028 Optimus Wellbeing Award through constant review and re-assessment.

That the student's Personal Development journey is a trauma informed one which acknowledges the need for possible support at any point along their time with us and will support their journey to post-16 and beyond.

To relevant agencies and referring authorities we are professional, self-assured and confident.

We take our responsibilities and duty of care very seriously. We understand the way young people who come to us are sometimes viewed by society, even though we do not share these views, we are proud of the work we do and the impact it has on the lives of our students.

Rise - How we do things?

R – Respect & Relationships.

I – Individual Differences & Inclusion.

S – Strength in Struggle.

E – Empathy & Empowerment

We are relentlessly focussed on achieving positive outcomes for our students.

This is our purpose, and everything we do or say is driven by it.