



HeadStart – giving all Middlesbrough’s children and young people the necessary support to build resilience to achieve good emotional health.

The aim of the HeadStart school programme is to implement an early help and prevention model which will ultimately reduce the onset of common mental health problems by building resilience of pupils to be able to better cope better in difficult circumstances. The HeadStart model is a capacity building approach to improve the resilience and capability of pupils to have good emotional health, to have the skills and confidence to cope, solve problems, achieve well and be happy young people.

HeadStart services include:

Staff development – supports school based staff to be able to better respond to the emotional needs of pupils.

Transition – support offered for young people to make the move from primary to secondary as easy as possible.

HeadStarters - a training pathway for young people to develop school based projects and support the delivery of HeadStart.

HeadStart is a whole school approach where everyone feels safe and comfortable to be themselves, learn and develop in a positive environment and access support when needed.

Our school is committed to the HeadStart principles to allow every young person to have the best possible experience and outcomes throughout their school journey.