

Student and Family Support Services Available Through Knutsford Academy

2025-27

Introduction

Knutsford Academy recognises the central importance of student wellbeing and good mental health if they are going to have a sense of **belonging, thrive** and **achieve**. As such the school has developed a wide range of on-site support aimed at helping young people and their families.

In school we will be able to offer students support through the following levels of support :

- Universal : this is the level of support available to all students.
- Extra Help : students who need this level of support often need more help from an individual member of staff (student support).
- More Help : when the extra help available has not provided the necessary level of support to the young person then the student may wish to access support through an onsite counselling service.

This document also outlines the support available to families through the school. This includes financial support that the school is able to support the family accessing.

Universal Offer

The universal offer of support will often be an entry level of support for young people who are experiencing individual difficulties. This support may come through one of the following :

- Form Tutor
- Head of Year
- Assistant Head of Year

This support will normally be accessed on an ad hoc basis and if the difficulty persists then this could lead to the member of staff referring this into the Student Support Team



Extra Help

The school has a variety of support available through Student Support Staff. At this time the following are available through the school :

- **Drop In Support** : Student Support staff are available at key points during the school day to offer a drop-in service requiring ad hoc support. Staff are available before school and during both break and lunchtime offering support to groups and individuals.
- **1-2-1 Interventions** : also available are 1-2-1 planned interventions during the school day. Access to these sessions will normally come through carefully planned review focussed on specific identified need.
- **ELSA** : the school have trained Emotional Literacy Support Assistants who can offer support again through planned focussed sessions identified to address specific need.
- **EBSA** : Student Support staff are all trained to support young people struggling with Emotionally Based School Avoidance. EBSA sessions can be actioned through 1-2-1 sessions or through group based work dependent on need.

The school also has a clubs and groups aimed at supporting young people. All students are welcome to attend these groups particularly if they are supporting as friend :

- **Rainbow Club** : this lunchtime club is run on both sites each week and is focussed on LGBTQIA+ students and their allies.
- **Young Carers Club** : this is also a lunchtime club run on both sites each week and is focussed on supporting young people who have a caring role within their own family. The school also offers young carer assessments, support and projects through Cheshire Young Carers.
- **Sixth Form Mentors** : students in Year 7 and 8 also have access to Sixth Form Mentors. These Sixth Form students will meet with individuals and groups during lunch to act as a peer support
- **Bullying Ambassador Mentors** : the school has a number of students who have been trained as bullying mentors. These students are able to offer support to young people who may have been impacted upon by the effects of bullying.
- **Girls on Board** : Student Support staff run a girls group focussed on supporting students as they navigate Year 7 & 8.



Targeted Help

➤ SWaNS CIC

[Swans CIC - Supporting Well-Being and Nurturing Strength C.I.C.](#)

SWaNS are a Community Interest Company who have worked with the school since 2020. The trained counsellors have focussed their work with students in Years 7 & 8 offering a variety of services:

- 1-2-1 Counselling
- Group Intervention Sessions
- Lunchtime Drop-In groups

In addition to this SWaNS have just begun to offer family therapy sessions focussed on improving communication and resolving issues within families.

Any families wishing to access SWaNS can do so by directly contacting the school.

➤ JDI

[Home Page - Just Drop In](#)

JDI are a local charitable organisation who offer 1-2-1 counselling services for young people. The school have worked with JDI to provide counselling predominantly focussed on Year 9-13.

To access support individuals and parents can request support by contacting JDI directly through the website (see above).

➤ MHST

The NHS Mental Health Support Team offer various types of support on school site. The team work with students from year 7 through to Year 13 and offer both individual sessions and focussed workshops (eg managing examination stress).

Students and parents can request support from MHST by directly contacting the school.

➤ Stable Minds

[Stable Minds CIC | Counselling & Mental Health Support in Knutsford](#)

Stable Minds are a Community Interest Company based in Knutsford who offer a variety of counselling services and provisions. Any parent who directly accesses support through Stable Minds can request that the counselling offered can be delivered on site at the Academy.

Further Support

External Agencies

The school is also able to access individual student support from external agencies :

- Queensbury AP ([Home | Queensberry AP](#)) : Queensberry AP are a Cheshire East commissioned service who are available to support young people at risk of criminal activity or exploitation.
- CGL ([Drug and Alcohol Service - Cheshire East](#)) : Change, Grow, Live are available through school to offer individual sessions to support young people effected by drug or alcohol abuse or addiction.

Family Support

Knutsford Academy is proud to work alongside local and national schemes aimed at providing wider support for families. At this time the school makes referrals to and seeks support from :

- Household Support Fund ([Get help with the cost of living from your local council - GOV.UK](#))
- Hope Central ([Home - Hope Central](#))
- Christmas Toy Sack (Lally Toy appeal [The Toy Appeal – Give a Child a Christmas](#))

To access support from any of these agencies' families should contact the school directly and speak to a member of the Student Support Team.

In addition to this the school also offers

Welcome Café - A member of the student support team is available at the Cafe every Wednesday from 9am-12. Parents and carers can talk about any worries or concerns they may have, uniform or anything school related. Staff are also able to signpost to services, and refer to the Household Support fund here.

SEND Family Hub Marketplace - The school hosts the local SEND offer and a number of local organisations join us for a coffee morning where families can speak and seek support for all things SEND and mental health related.

School Website

The school has a variety of information and support available on the school website. To access this support please use the links below :

[Safeguarding | Knutsford Academy](#)
[Mental Health | Knutsford Academy](#)

Conclusion

The Academy will always continue to seek opportunities to enhance the provision and service offered to young people and families. Therefore, this list is indicative of the support available and not exhaustive.

If young people or parents would like to access any support any of the support highlighted in this document then please contact any member of the Student Support Team via the contact details on the Academy website on the Safeguarding or Mental Health pages mentioned earlier in the document.