

alra Academy of Live & Recorded Arts

ALRA Pastoral Care Policy

1. This policy is to be read in line with our safeguarding vulnerable adults policy.
2. Students at ALRA are allocated Year Tutors who have two tutorials with each student per term. Whilst these tutorials will predominantly focus on academic progress they also have the remit of pastoral care.
3. ALRA operates a carefully integrated (and constantly revised) system of Pastoral Care. ALRA provides a strong team of staff, each with specific responsibility for looking after the welfare of particular groups of students. The Pastoral staff are able to look at the progress of the students in a broad sense, ensuring that any problems that arise are dealt with quickly and efficiently.
4. Triage systems are in place for students identifying mental health issues beyond the scope of Year Tutors. This involves the Year Tutor recommending to the Principal that the student needs to be seen by a qualified Mental Health Advisor (MHA). Three sessions are then paid for by the school to be followed up with a 'fit to practice' report form the MHA. A signposting meeting will be held with the student, Year Tutor and Principal or Course Leader following this communication with the academy from the MHA. Should the student feel more comfortable emailing, phoning or speaking to the Student Liaison officer, then this is also a permissible way of accessing our triage service.
 - All students must download the '7 cups app' onto their smart phone during induction week. (<https://www.7cups.com/>) which is highlighted as a key resource for all students. In line with St. Mary's University, Twickenham we also recomedn the following apps :
 - Pacifica: daily tools for stress and anxiety
 - Happy Feed: private journal for saving 3 moments each day
 - Headspace: guided meditation sessions
 - Breathe: Calming Reminders for Mindful Breathing
 - SAM: an app to help you understand and manage anxiety
5. Student wellbeing session are delivered on a weekly basis by our Student Wellbeing Practitioner (SWP). Students may also be referred for one to one mindfulness sessions and Skype based mindfulness sessions with our SWP who is contracted to offer 4 hours of support per week should the student fall between the scope of MHA and Year Tutor remits.