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| **Mental Health Sports Coach****Montem Academy** |
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| **Job Description** |
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| **Reporting to** |  |
| **Grade** | Slough Grade |
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| **Job Purpose** |
| We are seeking a compassionate, dynamic, and skilled Mental Health Sports Coach to support the mental and emotional well-being of students through sport and physical activities. This position combines mental health support with coaching, focusing on the positive impact that physical exercise and sport can have on mental well-being. The Mental Health Sports Coach will work closely with students, staff, and other mental health professionals to foster a safe and supportive environment where students can build resilience, confidence, and emotional regulation through sport. |
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| **Key Accountabilities** |
| The following list is not intended to be exhaustive but indicates the range of duties and the level of responsibility involved.**Main Duties and Responsibilities****Mental Health and Well-being Support:*** Work closely with students to provide mental health support through sport-based activities
* Use sport and physical activities to teach students about emotional regulation, stress management, and resilience.
* Provide one-on-one or small group sessions for students who may benefit from additional mental health support.
* Collaborate with school counsellors, psychologists, and other mental health professionals to develop personalised support plans for students.
* Promote positive mental health awareness throughout the school community.

**Coaching and Sports Programme Delivery:*** Plan and deliver coaching sessions that emphasise mental well-being, teamwork, communication, and coping strategies.
* Encourage students to participate in sport as a healthy outlet for stress and emotions.
* Tailor coaching techniques and activities to meet the needs of students with diverse emotional and physical health requirements.
* Organise and lead regular sports events, tournaments, and physical activities that promote inclusion and mental well-being.
* Provide ongoing feedback and support to students to build self-confidence and emotional resilience through sport.

**Creating a Safe and Inclusive Environment:*** Foster an inclusive, supportive, and non-judgemental atmosphere within all sport activities.
* Support students in managing anxiety, depression, or other mental health challenges through physical activity.
* Encourage students to express their feelings and seek help when needed in a safe, confidential environment.
* Address any bullying, discrimination, or negative behaviours observed within sport settings.

**Educational and Community Outreach:*** Deliver workshops or seminars to students, staff, and parents on the relationship between physical activity and mental health.
* Help students understand the importance of regular physical activity for emotional and mental well-being.
* Build connections with external mental health services, community organisations, and sports clubs to support students' needs.

**Documentation and Reporting:*** Maintain accurate records of student progress and mental health-related interventions.
* Provide regular updates to the school leadership team about the progress and effectiveness of mental health sports initiatives.
* Participate in staff meetings, case reviews, and development workshops related to student mental health and well-being.

**General*** Maintain confidentiality in and outside the workplace;
* Support the implementation of academy policies;
* Promote the inclusion and acceptance of all pupils;
* Be aware of and understand safeguarding protocol and procedures and the importance of taking appropriate action;
* Attend and participate in meetings and training opportunities;
* Carry out any other reasonable tasks/duties as required by The Trust in accordance with the needs of The Trust.

This job description may be reviewed at the end of the academic year or earlier if necessary. In addition it may be amended at any time after consultation. |
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| Confidentiality |
| During the course of your employment you may see, hear or have access to, information on matters of a confidential nature relating to the work of The Park Federation Academy Trust or to the health and personal affairs of pupils and staff. Under no circumstances should such information be divulged or passed on to any unauthorised person or organisation.  |
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| **Data Protection** |
| During the course of your employment you will have access to data and personal information that must be processed in accordance with the terms and conditions of the Data Protection Act 2018. |
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| **Safeguarding** |
| In accordance with the commitment of The Park Federation Academy Trust to follow and adhere to the Department for Education guidance entitled “Keeping Children Safe in Education”, it is the individual’s responsibility to promote and safeguard the welfare of children and young people in the Academy. A satisfactory DBS check is required for this post. |

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| **Person Specification** |
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| **Criteria** | **Essential** | **Desirable** |
| **Experience & Qualifications** | * A minimum of Level 2 certification in sports coaching or equivalent;
* Level 1 Certificate in Mental Health or equivalent;
* Evidence of ongoing professional development in supporting mental health and well-being, including a range of courses focusing on challenges faced by young people, such as anxiety, depression, and stress;
* Prior experience using sport and physical activities as a tool to promote mental health and well-being.
 | * Previous experience working with young people in a school, community, or sports setting.
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| **Skills & Knowledge** | * Strong understanding of the link between physical health and mental health;
* Ability to build trust with students and create a safe, supportive environment;
* Excellent communication skills and the ability to engage and motivate students;
* Ability to work collaboratively with a multi-disciplinary team;
* Strong organisational and time-management skills.
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| **Personal Qualities** | * Empathy, patience, and emotional intelligence;
* Passion for both mental health advocacy and sport;
* Commitment to student well-being and an inclusive, supportive school environment;
* A D1 category driving licence.
 | * Strong leadership skills and the ability to inspire and motivate students;
* Ability to converse in a community language.
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