

Our Mental Health and Well-being Offer

We recognise the importance of good mental health and promoting wellbeing in a positive way. We also understand that mental health problems are a growing concern for schools. with 3 pupils in each classroom expected to develop some sort of mental health difficulty in the future.

Our Support Structure

We have developed strong tiers of support to ensure the wellbeing of all of our pupils and promote the development of self awareness, emotional regulation, social and relationship skills, and problem solving.

Universal support

A nurturing school ethos and a strong set of school values. An emphasis on developing character.

APSE curriculum that addresses mental health and a clear anti-bullying policy.

Wellbeing support for all pupils including lunch time clubs, mentoring and sessions with our Emotional Literacy Teacher.

Targeted Support

We have invested in staff training for mental health and wellbeing groups and we have an outstanding Emotional Literacy Teacher who supports pupils in 1 to 1 and group sessions.



The 'ELT' role

As the Emotional Literacy Teacher, I have completed a years' professional training with the Educational Psychology Service in supporting children with social, emotional and mental health difficulties. I can offer support for a range of issues including bereavement, emotional problems, family break-up and friendship issues. I have also completed a certificate in understanding children and young people's mental health and awareness of bullying in children and young people. I have also completed a Foundation Degree in EYFS and Children's and Young Peoples Services. I am currently undertaking training to become the senior mental health lead.



Commitment to Mental Health work

- Our staff have been trained in an understanding of mental health difficulties and what to look out for.
- We have a mental health governor who is also a qualified lead mental health first aider in school (MHFA from Mental Health England).
- We keep staff up to date with additional training, for instance on awareness of attachment difficulties and on emotion coaching techniques from the Virtual School Team. We use Oakfield Outreach support for training in de-escalation and support needs.
- We track all of our children's wellbeing progress and use additional assessment measures such as emotional literacy scales and Boxall profiles.
- We work closely with parents and have for instance had a family forum on mental health supported by the School Nurse Team, and Educational Psychologists.
- We promote mental health awareness raising amongst children, staff and families, through events such as Child Mental Health week aligned with the charity Place2Be.
- We work closely with, Social Services, Family Support Workers, ADHD solutions and with professionals from the Child and Adult Mental Health Services (CAMHS).

