



## **MENTAL HEALTH & EMOTIONAL WELLBEING**

The mental health and emotional wellbeing of everyone in our school community is fundamental to our school ethos as runs through everything we do on a daily basis, from Breakfast Bistro to Pastoral Support, from community celebrations to individual strategies and intervention for those who need it, whether a pupil at school, a parent/carer or a member of staff.

### OUR AIMS

- To show our commitment to the development and promotion of positive emotional wellbeing.
- To identify children who may need support with achieving positive emotional wellbeing
- To offer support, intervention and services to those identified as needing help with their emotional wellbeing

To teach our children strategies to identify how they are feeling and self-help strategies to improve their emotional wellbeing To encourage children to identify positive attributes about themselves

- To encourage children to identify when they are feeling challenged
- To provide children with strategies to help them if and when they feel challenged
- To help every child to reach their full potential
- To encourage children to be brave in their choices with the knowledge they have a full support system behind them



## HOW TO HELP AT HOME

- Talk about the school day
- Ask children to name their top 3 things of the day
- Encourage children to talk about anything that is bothering them
- Model how to compliment e.g. You did a great job tidying your room today
- Encourage children to compliment themselves.



## LEVELS OF SUPPORT

Universal Support - All our children are nurtured and offered support as per our school ethos.

Targeted Support - For those who may have experienced a specific life situation that is affecting their emotional well being e.g. a bereavement.

We have support systems such as our pastoral team, family intervention workers, school health, educational psychologist, 1:1 intervention and small group intervention.

Higher Level Support - For children who are experiencing longer term difficulties with their emotional wellbeing.

School, professionals and families will meet to discuss the type of agencies that need to be contacted and an action plan will be created to support the development and wellbeing of the child.

Some helpful website links are below: <https://www.mind.org.uk>

<https://www.actionforchildren.org.uk/what-we-do/our-impact/mental-health-overview/mental-health-for-parenting/>

<http://www.jkp.com/jkpblog/2017/04/young-childrens-wellbeing/> [www.time-to-change.org.uk](http://www.time-to-change.org.uk)

<https://www.sthelens.gov.uk/mentalhealthsupport>

<https://youngminds.org.uk/>

<https://www.gov.uk/browse/childcare-parenting/financial-help-children>

<http://sthelenscab.org.uk/>

<http://www.nwbh.nhs.uk/assessment-sthelens>

## YEAR 6 ONLINE COUNSELLING SERVICE

Below is a link to an online counselling provision that is aimed at Year 6 children. It is a confidential service with online counsellors and is available to access on mobile, tablet and desktop and is free at the point of use.

<https://www.kooth.com/>





## KABS

Physical and emotional well being go hand in hand. In school, we provide our children with opportunities to experience this first hand for themselves.

Tommy and Dan are with us two days a week to work with children in groups, as well as 1:1 if necessary, so that all of our pupils are able to experience how physical activity can help them to process and work through difficult emotions and teach them the values of team work, self control and discipline in managing daily difficulties.

“KABS offers experienced, compassionate and personalised service. The aim of KABS is to develop children and young people physically, intellectually, socially and emotionally, enabling them to fulfil their aspirations thus improving their life chances.”

“Young people are the future and as a result they need the support, nurture and guidance to raise aspirations, self belief, confidence and self esteem and a ‘can do’ attitude to achieve what they want to in life.”

