

Mental Health and Well-Being

Our Aims

At Newnham Croft Primary School, we are committed to supporting the emotional health and wellbeing of our pupils and staff. We have a supportive and caring ethos and our approach is respectful and kind, where each individual and contribution is valued. At our school we know that everyone experiences life challenges that can make us vulnerable and at times, anyone may need additional emotional support. We take the view that positive mental health is everybody's business and that we all have a role to play.

At our school we:

- help children to understand their emotions and feelings better
- help children feel comfortable sharing any concerns or worries
- help children socially to form and maintain relationships.
- promote self-esteem and ensure children know that they count.
- encourage children to be confident and 'dare to be different'
- help children to develop emotional resilience and to manage setbacks.

We promote a mentally healthy environment through:

- Promoting our school values and encouraging a sense of belonging.
- Promoting pupil voice and opportunities to participate in decision-making
- Celebrating academic and non-academic achievements
- Providing opportunities to develop a sense of worth through taking responsibility for themselves and others
- Providing opportunities to reflect.
- Access to appropriate support that meets their needs

Lead Members of Staff

Whilst all staff have a responsibility to promote the mental health of students, staff with a specific, relevant remit include the members of the Inclusion Team:

- Edward Ferguson- Designated child protection / safeguarding officer and Head teacher
- Katrina Markham Designated child protection / safeguarding officer
- Jo Turner - Mental Health and Emotional wellbeing lead and PSHE Lead
- Lynne Burke- Teaching Assistant

Teaching about Mental Health

The skills, knowledge and understanding needed by our students to keep themselves mentally healthy and safe are included as part of our developmental PSHE curriculum. The specific content of lessons will be determined by the specific needs of the cohort we're teaching but we will also use the PSHE Association Guidance to ensure that we teach mental health and emotional wellbeing issues in a safe and sensitive manner.

Support at School

If you have concerns about your child's mental health, please get in touch with your child's class teacher. Sometimes a child will mask their emotional difficulties at school and it's important that those adults involved understand how a child may be feeling in order to support them.

We may be able to offer support through targeted approaches for individual pupils or groups of pupils which could include:

- Circle time approaches or 'circle of friends' activities.
- Targeted use of PSHE resources.
- Managing feelings resources e.g. 'Forest of Feelings'
- Managing emotions resources such as 'Zones of Regulation'
- Primary Group Work/Mental health and wellbeing groups
- Therapeutic activities including art, Lego and relaxation and mindfulness techniques.
- Referral for advice with the Emotional Health and Wellbeing practitioners

Support at Home

- Books can be a great way of opening up conversations about difficult issues. This book list, created by the Literacy Trust, has some recommendations for books about well-being http://cdn-literacytrust-production.s3.amazonaws.com/media/documents/Wellbeing_booklist_-_Swindon.pdf or have a look at our [virtual library](#) which has links to stories being read.
- <https://www.bbc.co.uk/bitesize/articles/z63htrd> - BBC Well-being tips and advice for carers