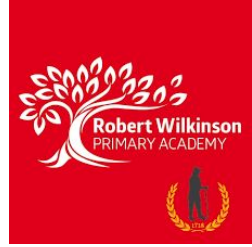




What do we currently do for mental health and wellbeing for our pupils and staff?

- In each class we have NEST areas which allows children a quiet space to gather their thoughts and regulate their emotions using a chosen strategy that works for them.
- We have Key Stage 2 children as sports-leaders to support younger children in positive play.
- We have positive behaviour systems in place to promote positive social behaviour in the classrooms and on the playground.
- We have peer mentors on the playground to help younger children to deal with peer fallouts and further develop their social skills.
- We have mental health and wellbeing assemblies to promote resilience and self-regulation.
- We have a PSHE curriculum that helps pupils to build important life skills.
- We include World Mental Health Day and Mental Health Awareness Week in the school calendar and plan activities for the whole school.



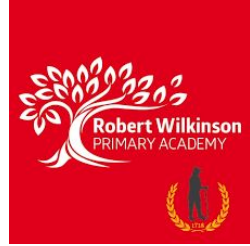
## We offer different levels of support:

**Universal Support** - To meet the needs of all our pupils through our overall school ethos, high quality classroom practice and provision and our wider curriculum.

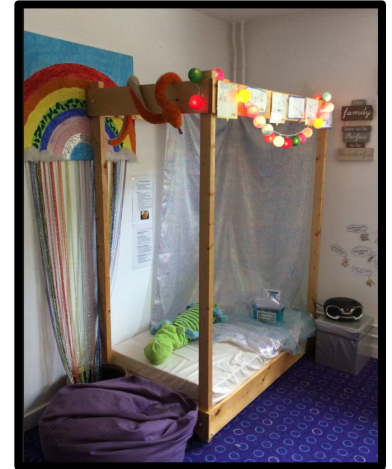
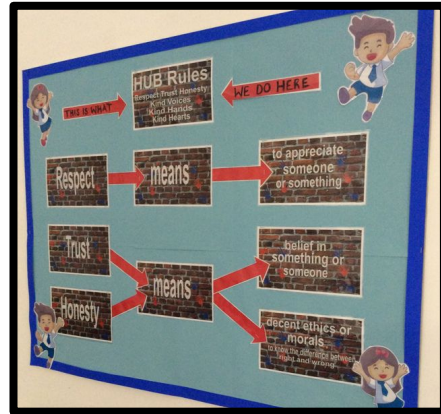
**Additional support** - For those who may have short term needs and those who may have been made vulnerable by life experiences such as bereavement.

**Targeted support/intervention** - For pupils who have been identified as needing more differentiated support and resources or specific targeted interventions linked to Social, Emotional and Mental Health (SEMH) needs such as wellbeing sessions.

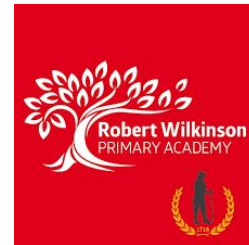
# The HUB



The HUB is a quiet area in school where individual children, small groups and classes can go to access parts of the PSHE curriculum. It is also a space where wellbeing sessions can be delivered with individual pupils, pairs or small groups.



# Useful Resources



## **Emotional Wellbeing and Mental Health.**

Young minds parent helpline number <https://www.youngminds.org.uk/parent/parents-helpline-and-webchat/#ParentsHelpline>

Anna Freud Parent consult with a clinician

<https://www.annafreud.org/clinical-support-and-services/finding-the-right-support-for-you-and-your-family/>

Nip It in the Bud - works with mental health professionals of the highest standing to produce FREE short evidence-based films and fact sheets to help parents, educationalists and others working with children to recognise potential mental health conditions. The goal is to increase the prospects of early intervention and to avoid those conditions becoming more serious in later years.

<https://nipinthebud.org/>

Bright Sparks - elearning course - aimed at Developing Children's Emotional Resilience

[www.brightsparkscic.org.uk/developing-emotional-resilience](http://www.brightsparkscic.org.uk/developing-emotional-resilience)

SIBS - for brothers and sisters of children of disabled children and adults.

<https://www.sibs.org.uk/>

CAMHs - Child and Adolescent Mental Health Services

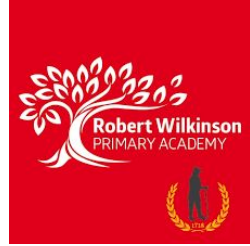
Orca House - and Single point of access

<https://www.tevw.nhs.uk/locations/orca-house/>

The Retreat - some free events for parents and some courses at a cost

<https://theretreatclinics.org.uk/events/>

# Useful Resources



## **Parenting and parenting courses**

Bright Sparks - elearning course - aimed at Developing Children's Emotional Resilience

[www.brightsparkscic.org.uk/developing-emotional-resilience](http://www.brightsparkscic.org.uk/developing-emotional-resilience)

[Family Matters](#) - they are currently running lots of brilliant courses - some in person and some remotely via Zoom.

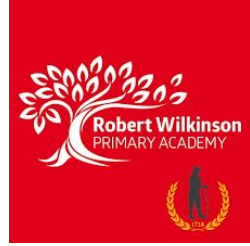
Contact Jen Wootten for more information.

[Family lives](#) - brilliant website with endless resources. Their helpline is also brilliant as it operates out of hours so parents can get some in the moment advice. They also offer online parenting courses.

Big Life Journal - growth mindset website with free printables for parents of children and teens

<https://biglifejournal.com/>

# Useful Resources



## **Behaviour**

NSPCC - Positive Parenting

<https://www.nspcc.org.uk/keeping-children-safe/support-for-parents/>

Beacon Schools - aimed at schools but some resources could also be useful for parents eg - Managing Strong Emotions

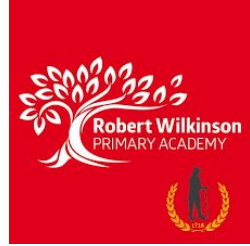
<https://beaconschoolsupport.co.uk/>

## **Sleep**

The Sleep Charity - Lots of tips around bedtime routine and good sleep hygiene patterns for children.

<https://thesleepcharity.org.uk/information-support/children/>

# Useful Resources



## **Bereavement / Loss**

Winston's wish - If you're a parent, carer or family member supporting a grieving child or young person, we're here to help.

<https://www.winstonswish.org/supporting-you/support-for-parents/>

CAFCASS - Lots of support for families that are changing including resources to support separation and divorce.

<https://www.cafcass.gov.uk/grown-ups/parents-and-carers/>

## **Health**

Healthy Child Service - York's Healthy Child Service (HCS) delivers information, advice and support for children and parents of children aged 0 - 19 years old.

Your Healthy Child Service team consists of Health Visitors, School Nurses, Children and Young People Health Outreach Nurses, Child Health and Development Workers and Healthy Child Screening and Support Officers.

<https://www.yor-ok.org.uk/families/hcs>

