

Wellbeing Curriculum Statement

On these wellbeing pages you will find a variety of services that offer support locally, nationally and online. Please see our page packed full of signposted services and resources for parents/carers.

We are committed to supporting the emotional health and wellbeing of our pupils, staff and families. 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 offer different levels of support:

Universal Support – To meet the needs of all our pupils through our overall ethos and our wider curriculum. For instance, developing resilience for all.

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 – For pupils who need more differentiated support and resources or specific targeted interventions such as Play Therapy support, 1-1 counselling and wellbeing groups.

We all have times when we have low Mental Wellbeing, where we feel stressed, upset or find it difficult to cope.

There are some common life events that may affect you or your child's Mental Wellbeing:

- Loss or bereavement.
- Loneliness.
- Relationship problems.
- Issues at school.
- Worries about money.

Everyone deserves to feel good and there are steps you or your child can take to maintain and improve your Mental Wellbeing:

- Build positive relationships.
- Take time for yourself.
- Look after your mental health.
- Look after your physical health.

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What can your child can do in school to gain Mental Wellbeing?

- Be open and talk about your feelings with your friends.
- Associate yourself with positive people.
- Join an afterschool club.
- Speak to a member of staff.
- Tell the Safeguarding and Wellbeing Team.
- Get physically active (a Healthy body and mind are closely linked).

Services and Websites

<https://www.familylives.org.uk/how-we-can-help/confidential-helpline/>

https://www.mind.org.uk/information-support/drugs-and-treatments/talking-therapy-and-counselling/how-to-find-a-therapist/#.WZ6x_7pFzRM%C2%A0

<https://www.mentallyhealthyschools.org.uk/resources/gingerbread-for-single-parents/?page=1&IssuePageId=1301>

<https://youngminds.org.uk/resources/school-resources/find-your-feet-transition-tips-for-parents/>

<https://www.parentsprotect.co.uk/if-a-child-tells-you-about-abuse.htm>

<https://www.nhs.uk/live-well/alcohol-support/>

<http://www.anorexiabulimiacaicare.org.uk/family-and-friends/parents>

<https://www.autismhelp.info/primary-years>

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

<https://www.rarechromo.org/>

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