

Mental Health and Wellbeing

'It's ok not to be ok!'

At Stoke Holy Cross Primary School, we are committed to supporting the emotional health and wellbeing of our pupils and staff. 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.

Two key elements to support good mental health are:

- **Feeling Good** - experiencing positive emotions like happiness, contentment and enjoyment. Including feelings like curiosity, engagement and safety.
- **Functioning Well** - how a person is able to function in the world, this includes positive relationships and social connections, as well as feeling in control of your life and having a sense of purpose.

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
- Promote pupil voice and opportunities to participate in decision-making
- Celebrate academic and non-academic achievements in order to promote self-esteem
- Provide opportunities to develop a sense of worth, through taking responsibility for themselves and others
- 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.

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. We can access outside help and support for pupils such as play therapy specialists.

What to do if you are concerned about your child's mental health and wellbeing:

Parents or carers should approach their child/children's class teacher if they have any MHWB concerns. In addition to offering support within school, we may also discuss with you the additional support mechanisms available from the following agencies:

- Your GP
- Children and Young People's Health Services (Just One Norfolk)
- CAMHS (Child and Adolescent Mental Health Service)
- Specific agency support such as bereavement services or domestic violence services

HOW TO SUPPORT YOUR CHILD'S MENTAL HEALTH

@BELIEVEPHQ

www.BelievePerform.com



LOVE

Be there for your child and show care and love



EXERCISE

Encourage play, exercise and sport



BEHAVIOUR

Keep an eye out for any changes in behaviour



SUPPORT

Regularly support, encourage and praise your child



REST TIME

Help your child to manage stress by building in some rest time



BE PROUD

Tell your child that you are proud of them



PATIENCE

Be patient. Don't pressure your child



HELP

Don't be afraid to seek help from professionals



FEELING

Get to know how your child is feeling



EDUCATE

Educate yourself about mental health problems



PROBLEM SOLVING

Help your child to effectively problem solve



LISTEN

Make sure you take time to listen to what your child has to say



COPING

Help your child to learn some simple coping skills such as relaxation



SYMPTOMS

Be aware of signs and symptoms



CONVERSATION

Encourage your child to engage in conversation



ENVIRONMENT

Provide a positive environment for your child where they can thrive

