

ALL SAINTS CE (AIDED) PRIMARY SCHOOL AND NURSERY

EMOTIONAL HEALTH AND WELLBEING STRATEGY



January 2019

The emotional well-being and mental health of all our children is a really important priority for those involved in supporting pupils and their families at All Saints. This Strategy outlines how All Saints CE (AIDED) Primary School and Nursery and our partners, including children, young people and their families will make sure that this happens.

Our Vision

That children and young people have positive emotional well-being and mental health so that they:

- Achieve positive goals and ambitions.
- Grow up to be confident and resilient and can contribute to society.
- Feel safe and can find the right help easily when they need it and can trust this help.
- Receive help that meets their individual needs and is delivered by people that care about what happens to them.
- Whatever their level of need, will get the best possible care and support when they need it.
- Have both good physical and mental health.

Our Team

To achieve our vision we need everyone to work together. Children, young people, parents, carers, family members, friends and professionals all have a part to play. This will mean that:

- Children and young people can begin to recognise their mental health needs and can help themselves and their friends
- Families are able to support themselves (both children and parents/carers)
- Children, young people and families are supported by others including professionals and other adults they trust to help them

- Everyone will be able to help children, young people and families firstly to stay well and secondly to notice when things are not so good and be part of help and support.

All professionals will have the expertise to target and support children and young people who are the most vulnerable and will be able to engage with them in the best way and work with them to achieve the best outcomes.

What will we do...?

1. We want to make sure that there is a graduated response in place that can identify and support children's needs and help them to thrive.

We recognise that children and young people's needs change (both increasing and decreasing) at different times in their life. We will make sure that the right support is available, both through internal and external support structures, at the right time to meet these changing needs. Examples of the available support include:

- Family Support Worker
- SENCO
- Nurture Assistants and Nurture groups
- CAMHS referrals and school link project
- Foundry College referrals
- Educational Psychologist Referrals
- Learning Support Service Referrals
- Peer Mentoring
- Class Teachers - 5 a day
- Trained Teaching Assistants - Sand Play
- Trained Teaching Assistants - Theraplay
- Learning Mentors

2. In order to get Help and Identify Problems Early we will make sure that:

- Children and the people around them are able to recognise things that are happening to them that may affect their emotional well-being and the effect they could have.
- When they are finding things difficult children are aware of who to turn to

When things are not going so well, children and the people around them are able to:

- Easily find out where and how to access information to support themselves.
- Put strategies in place to help manage these difficulties including how they can take care of themselves as well as being given help.
- Share and develop coping strategies to help now but that can also be used again in the future.
- Understand and communicate what support will work best for them as an individual and their family.

What else will help us to achieve this...?

People who work with Children, Young People and Families:

- Every single person who meets a child or a family has the skills and the confidence to promote emotional well-being and to identify issues and provide appropriate information, advice and access to support.
- We have a workforce that has the skills to be able to work with all children and young people, recognising and appropriately supporting the presented level of need.

Linden Wilkinson

SENCO