



Opening minds, shaping futures



What is it?

World Mental Health Day has existed for over 70 years, the World Federation for Mental Health have been working to make sure that mental health is treated on a par with physical health. Mental health problems exist in our lives, families, workplaces and communities, impacting everyone. The organisation work with national and local governments to reduce factors that can cause ill-mental health.

How do we support mental health needs in school?

Pastoral Drop-in Support

If you have any concerns about your child that you would like to discuss, Ms. Boswell is available every morning from 8:50am to 9:10am in School Care Club.

Our full time pastoral/learning mentor, Ms. Boswell, works across school to support children in addressing barriers (and potential barriers) to learning through supportive one-to-one relationships and sometimes small group work. This may also involve working with parents and carers, with the aim of ensuring that children are happy and thriving both at school and at home.

Mental Illness Is NOT:



Class assemblies

Each week, children have a circle time with their class. This is an opportunity for them to discuss issues that are relevant to them.

All children are given the opportunity to speak and we encourage effective listening skills. The class work together to give advice, demonstrate empathy and care for one-another as a class.

Thought and Feelings Boxes

Some children are comfortable with talking in front of their peers, but not all. So, in each classroom, we have a 'thoughts and feelings' box. Children are able to write down any concerns or worries they have and pop it in the box. Teachers and TAs check in the box each day and are able to speak to children discretely to discuss their concerns.

Younger children can jot their name down and staff know to check in with them.

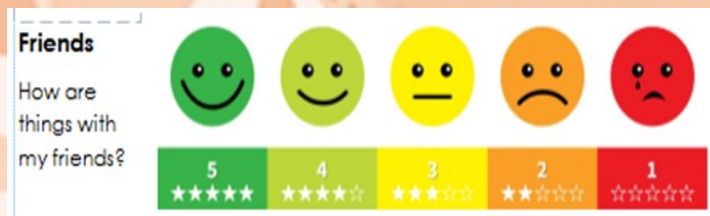
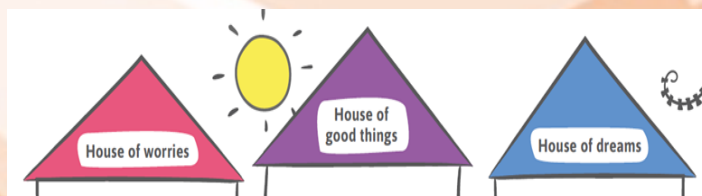
Questionnaires

Each term, children complete a wellbeing questionnaire. Children in KS2 list any worries, things that are going well for them and how things could be improved for them (if any).

Children in KS1 score from 1-5 against questions such as 'How are things with my friends?' 'How are things going at school?'.

Our youngest children are supported by an adult and 'emotion faces' to share their feelings.

All of the information shared, helps us to support pupils when necessary and allocate resources to where they are needed most.



Our fabulous KS2 peer buddies are trained to look out for children who might be alone or unhappy at playtimes. They help children find games to join in with and help children with minor disagreements at playtimes such as deciding on a game to play. They wear high-vis jackets so they can be easily spotted. As well as approaching a peer buddy, children can also sit on the buddy bench and one of our buddies will approach them and offer support and friendship.



PeerBuddies®
working together to build friendships



During break times, children have the chance to drop-in to Ms. Boswell for 'Good 2 Talk', situated in after school club. Ms. Boswell can offer help and advice and the space offers an alternative place to go for those children who do not want the 'hussle and bustle' of the playground.



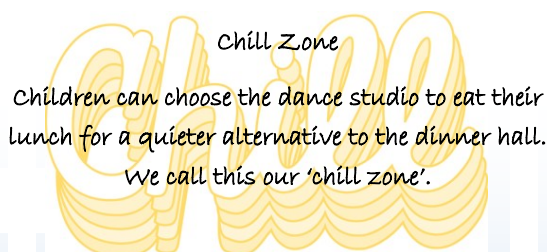
Useful Links

There are times when we need specialist support. The following sites offer support services for young people and their families.

- ⇒ [Staffordshire Connects](#)
- ⇒ [Staffordshire Emotional Wellbeing and Support Service](#)
- ⇒ [Childline](#)

All staff work hard to create a friendly, happy environment to be in for both the children and adults.

We care about our school community, we are always happy to listen and grow in order to improve and be the best that we can be.



Chill Zone

Children can choose the dance studio to eat their lunch for a quieter alternative to the dinner hall. We call this our 'chill zone'.